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COFFIN, A: I







14 Centreville Road

A

BOTANIC  
GUIDE TO HEALTH,  
AND  
THE NATURAL  
PATHOLOGY OF DISEASE.  
BY A. I. COFFIN.

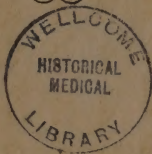
"TILL THE HOUR OF SICKNESS COMES HOW FEW NON-MEDICAL PERSONS  
EVER THINK OF A SUBJECT WHICH OUGHT TO BE OF INTEREST TO  
ALL."—DR. DICKSON.

[FIFTH EDITION.]

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COFFIN'S GUIDE TO HEALTH.

This is to Certify, that I have received of John Dunn  
Six Shillings in full, for the Botanic Guide to Health, and he is  
thus constituted a Member of the Friendly Botanic Society of Great  
Britain, and entitled to all the privileges of Membership.

Signed, For A. J. Coffin

Branch, No.       

Dated

Liverpool  
Sept 18<sup>th</sup> 1847





## PREFACE TO THE THIRD EDITION.

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CERTAINLY if ever an Author, who propagated a theory that was in direct opposition to the commonly received opinions of the day, had cause for congratulation, the Author of these pages has, from the very enthusiastic manner with which the former editions of this work have been received by the public. When he considers that he was but an obscure individual, without influence or friends, and that he has, in a land of strangers, sent forth his opinions, which have met with the warm approval of hundreds of those who have tried and experienced the benefits of the system he has sought to make known, he cannot but feel the greatest degree of pleasure and satisfaction. To the many ardent friends in different localities, where botanical societies are formed, such as Huddersfield, Halifax, Brighouse, Manchester, and other places, he feels particularly grateful, for their united efforts in assisting him in the spread of the principles of medical botany. To many of the members of the Society of Friends he feels he is under great obligation, and earnestly hopes that he may continue to merit those favours already so liberally bestowed. The present edition is freed from a number



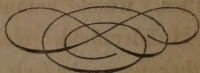
## PREFACE.

of errors, which, from the great haste with which it was brought out, the first edition contained, although nothing of particular importance has been added to the present edition. It is now the intention of the Author forthwith to commence the publication of a periodical, for the purpose of making the public more thoroughly acquainted with the principles sought to be promulgated in the Guide to Health, and at no distant period it is his intention to bring out a work on Midwifery. That his efforts may continue to receive the approbation of the public, is the sincere wish of

THE AUTHOR.

50, Faulkner-street, Manchester.

Sept. 16th, 1846.



## ADDRESS.

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To the readers of the following pages the Author would remark, that it has long been his object and determination, to place in the hands of society at large a Work on Disease and its Remedies that could be *understood* by all; and he confidently believes that if the instructions laid down in this work are followed out, they will be found beneficial to all. Ever since his residence in England he has felt that something of this description was much needed. The principles contained in this Work are in many respects similar to those introduced into the United States by Samuel Thomson, and the great success attending the practice in that country, determined him to prepare the Work, which he now submits to the test of public investigation.

The Author has travelled much in America, and has associated a great deal with the Indians of that country, as well as with the naturalist, Thompson, and from them has derived much useful knowledge; and all the information thus acquired, both from the writings of the one and the oral instructions of the other, he has carefully adapted to the circumstances of this country. His extensive practice in treating the diseases incident to this country, and his knowledge of the native plants necessary to be used in the treatment of those diseases, has enabled him to do this; and he confidently hopes

with success. The properties of all the remedial agents he has himself tested, and has therefore spoken from experience. The principles of nature have been his study for many years, and he has been at all times ready to learn and *adopt* any theory that accorded with her laws, whoever might be the Author or discoverer; and has endeavoured to condense into this work, all that he considers important for the public; and although in the course of these enquiries he has sometimes been branded with the name of *quack*, he *now* feels that that appellation can no longer be applicable to him, as he has given in the following work his opinions openly, both on the nature of disease and its remedies, in plain simple language, and not wrapped it up in an unintelligible jargon: therefore, *should* his theories be found incorrect, his readers will do him the credit to believe that he was honest in the advancement of them, and justified in recommending them to others for trial, seeing they are supported by such testimonials as are to be found in the Appendix. The price he confidently believes will give universal satisfaction, being fixed at so low a rate as to place the Work within the reach (as was the intention of the Author) of the industrious classes. The Author begs to call the attention of his readers to the Remedial Agents of the Schools, where it will be seen, that although so many *forms of disease* are described, and said to be so exceedingly different in their nature, yet the treatment of all is essentially the same.

In order to accomplish his object, the Author has proposed the formation of Botanical Societies in each

locality ; of these societies this work is to be the basis ; and by means of these associations, to explain and make the people more fully acquainted with the nature of disease, and thus enable them to report to each other the means of relief, and all the information in their power.

The Author has in some instances spoken strongly upon what he has considered error, but in all these animadversions he has, as far as he was concerned, adhered to truth, nor has he intended to speak personally of any one, though in some instances he might, from their *personal* opposition, have done so ; but to the whole of the faculty he can say, that he has—

“Nothing extenuated, nor aught set down in malice :”

he however earnestly requests, that before they *condemn*, they will *try*, and then decide ; and as the object of the physician is, (and only should be) to lessen the sum of human misery, the writer of these pages hopes that, if on trial it is found to be better and *safer* than any other system at present known, they will adopt it and do good.

THE AUTHOR.

May, 1845.



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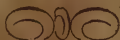


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## INTRODUCTION.

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IN presenting this work to the public, I do not seek to obtain any of those flattering encomiums which are often purchased at the expense of truth. I know that the science of Medical Botany will ere long produce a complete revolution in the medical world; and as I shall, in animadverting on the errors of the ignorant, excite the envy of some, and awaken the hatred of other interested individuals, it will be my consolation to know, that my reputation is now so fully established wherever my lectures have been heard, and my practice has become known, that I have neither to fear the one, nor shrink from the consequences of the other.

Doubtless the faculty will denounce me in terms the most ungenerous for having dared to arraign them and their practices before the bar of public opinion; for this, too, I am prepared. And although I have not been rocked in a college cradle, nor lived half my life by retailing out scraps of GREEK and LATIN, I can nevertheless summon to my aid such evidence as will not only establish my principles, but cover my adversaries with shame and confusion.

In this work I intend (as Shakspeare expresses it) "to hold as 'twere the mirror up to nature," to point out things as they are, and exhibit them as they ought

to be. Living, as we do, in an age remarkable for its improvements, and wonderful in its resources, science having given development to powers as incredible as they are astonishing; yet, alas, in the midst of these advantages, selfishness steps in and proclaims aloud that none—save the DIPLOMATISED—are competent to cure the sick, or minister to the afflicted, when every day's history proves the folly of such a vain and egotistical policy.

Why the medical world should arrogate to itself the prescriptive right of killing or curing at pleasure, is a problem I am not learned enough to solve; or why a man should be esteemed as a clever physician because of being educated in a college, I am at a loss to divine. Education is proper for all men. I would that all men were better educated than they are; but education either means something or nothing;—and if it be a reality, where should a physician seek his diploma?—in a college?—certainly not—but in the cottage, where human nature lies suffering on its couch of pain. Will a shred of parchment confer ability upon its possessor? Certainly not: it is a delusion to suppose it. An acre of parchment, with a ton of books, and a ship-load of bad Latin, will not even make a shoemaker: what an absurdity then to suppose such things capable of making a physician.

At this particular time when the schools are divided upon first principles, it is somewhat amusing to find the doctors not only disagreeing amongst themselves, but positively denouncing each other as quacks, *i. e.* ignorant pretenders. In Dickson's late Work, entitled

“Fallacies of the Faculty,” we have abundant proof of this. He ridicules, and justly too, the use of the lancet and dissecting knife: what sensible man can admire the policy of cutting up a body after death in order to ascertain the nature of the malady of which the patient died? This absurdity is only equalled by that of the philosopher, who cut open the bellows in order to see where the wind came from: and certainly there is about as much philosophy in one case as in the other.

Indulgent nature provides a fitting remedy for every ill that flesh is heir to. Man, in his ignorance, too frequently rejects the boon that nature offers, and seeks in artificial aid an anodyne for ill. And so long as monopoly in physic is countenanced and applauded, so long must this state of things continue to exist: *what better proof can we ask than that a man who undertakes to cure the sick, should be able to ascertain the cause of sickness, to know where to find a remedy, and how it should be applied.* A physician should be taught that disease is a problem which it is his duty to solve. He should know that heat is the source of life—its absence, death: that a change of temperature will produce a change in the animal economy: food is only administered for the purpose of creating blood, which, when distributed through every artery and vein, imparts health to the nerves, vigour to the muscles, and strength to the limbs; to preserve health, we must regulate the temperature of the body, and, above all things, avoid such irregularities as may lead to decay.

After all, even though I succeed in proving more



than was ever previously attempted by any other man, I know the faculty will not admire me, nor can I expect much favour at their hands ; nor will their practices receive much from me. In this work I shall shew that a knowledge of nature is not indigenous to college life, but must be sought for in the woods and forests : each sun-lit vale or verdant meadow contains some agent of a remedial kind. A green herb is worth more than a Latin phrase. I have, in my own country, (for I am an American by birth,) seen the Red Indians, (whose age would more than double that of the pale-faced victim who descends to the grave in this country, after all has been done for him that could be by the faculty,) and followed them through interminable forests ; I have sat in their wig-wams, and lived in their settlements, and from them I obtained more valuable information than all the colleges of Europe in their musty records have it in their power to give ;—from the Indians I learned many of the medicinal virtues peculiar to plants ; and I can speak with confidence of their ability to cure when other means fail. Let this truth once get abroad, and the nostrums of the schools will be considered as worthless, and the lancet may sleep in its case for ever.

I cannot bring this preface to an end, without adverting to the movement now being made throughout society against monopoly and in favour of free trade. Many times I have read in the public prints doctor so-and-so moving this, or seconding that resolution, in favour of free trade, and down with protective policy at once and for ever. Had a friend

at the speaker's elbow told him that the Government was about to abandon the doctors, what would have been his answer? *ruined all*, he would have said, and with shrunken sinews and empty arteries, he would have crept home again. Even now Sir James Graham is buffeted by the faculty for daring to infringe on their privileges: common-sense would say let there be free trade in physic all over the world: let no man's health suffer, humanity would suggest; and nature cries aloud to all her children, behold the remedy you seek is here.

Suppose every man of genius required a diploma before he could be allowed to confer a benefit on society: if such had been the case, Stephenson, who was once a working collier, but whose name and fame, are destined to be immortal, would never have made a railroad, if he had only read and studied such works as adorn the shelves of colleges. Endowed with a strong mind, he gave scope to his own intellect, and not a single doctor interfered; but had their interest been perilled by his discovery, he would have been dubbed a quack, and dealt with accordingly. Yet almost every triumph of art or enterprise that this great empire contains, is a proof that—

“Mind will soar,  
No human law can curb its power,  
When bent on public good.”

Some years ago I promised this work to the public; that promise I now redeem. This, my bequest, will enable the millions of this country to prescribe for

themselves : every father can now discharge the duties of physician to his own household ; and as I have freed the work from all *technicalities*, I am assured that it will be the means of promoting and perpetuating the happiness of man.

Nature has a college of her own—in it I have studied. When in America my sensibilities were pained as I beheld the young and beautiful cut down like the cedar which bends before the blast ; when fever scorched the veins, or consumption dried up their crimson rivulets, and I beheld them carried to “that hourne from whence no traveller returns,” I reasoned thus with nature,—Is there no balm in Gilead—no arm to save from death—no respite from the grave ? The voice of nature breathed within my soul. I sought the woods, the fields, the forests of my native land ;—from verdant banks I gathered healing herbs. I sought the sufferer on his bed of pain—I raised his drooping head—I bade him drink and live—nature revived within him—his languid eyes unclosed—his feeble arm again grew strong—his wife and children blest me with their tears. This nerved my heart with hope, when the hot pestilence rained down its fiery ruin, I planted health where death had else been found. Midst the fair fields of France, I left a germ of knowledge richer far than stores of treasured gold ; and Providence has spread its sacred wings around my daily path, and grateful prayers of sufferers saved from pain are my reward. Thus my diploma is seen in the success which heaven hath thrown around me.

It will be in the remembrance of all who have heard my lectures in the many towns that I have visited, that I promised to bring out a work worthy of their patronage, and especially devoted to their use ; those friends I thank for former acts of kindness. When I first came to England, I met with some opposition—alone I braved the faculty, and, sustained by mighty truth, overcame them. To those gentlemen who vainly thought to oppose me, I can only tender my thanks for accelerating my fame, and giving publicity to my principles. Opposition only becomes formidable when opposed to error ; but truth, eternal truth, will victor stand—

“Unhurt amid the war of elements,  
The wreck of matter and the crush of worlds.”

---

“Let mystery be stripped of all pretence,  
And practice be combined with common sense.”

If we would be truly wise, and give all rational facility to wise and useful improvements and discoveries, we must rise above the dull and hazy atmosphere of the degrading, obsequious, servile course, that has led, and still leads the multitude astray ;—we must learn to shun all errors, however sanctioned by great names, or dignified by years, as ardently as we enquire after and embrace the truth, whenever or however discovered or made known.

Should any enquiry arise wherefore reformation and improvements in arts and sciences, are acknowledged to be admissable, we answer, not because there are no fixed immutable principles, relations, and

dependencies, and a regular invariable connection between cause and effect, existing inherently in the nature and fitness of things, but these relations, connections, and dependencies have never been perfectly understood, and therefore never fully developed by the boldest researches of science and time.

We live in an enlightened era ; the intelligence of the present age has accomplished more than the wisdom of all past generations. Yet, how often has the lamp of native genius been extinguished, or unrighteously concealed, by a combination of learned, but malevolent persecutors, who, like the sons of Jacob, would sell their brother to the Ishmaelite merchants, if they only imagined that in him they had found a competitor.

Few, indeed, even among the distinguished and dignified leaders in society, possess the genuine spirit of unfeigned benevolence. Colleges, universities, and seminaries of learning have been extensively established, and liberally and zealously patronized ; literary combinations have risen up ; a learned aristocracy, intent on enslaving the world, has laid its iron edict on all progression, save such as is calculated to extend its authority or enhance its fame. This monopolizing spirit exists more or less in all civilized countries, and fame and honour, as emblems of greatness, are reserved for the titled and privileged few.

From the root of this baneful Upas, that has for ages and generations poisoned the cup of human happiness, springs the stale delusion that a man cannot have any competent knowledge of law, physic, or divinity, unless



he be deeply versed in the legendary lore of ancient Greece and Rome. This has given birth to pompous titles, obsequious cringings, stupid adulations, and blasphemous eulogies, that have originated in our colleges and universities; these, and similar artifices, are abundantly used for the purpose of degrading and deluding the people. To accomplish this how many speeches have been made, and volumes written—how has the pulpit rang, the senate roared, and the press applauded;—and should not these prove all-sufficient, the fire and fury of war is at once kindled against those who have dared to question, or interfere with the right of monopoly.

Do we not boast that this is the land of freedom? Why is England exalted as the asylum of the oppressed, and the hope of the world, if we dare not, as free, magnanimous, and independent people, think and act for ourselves? Let us, at least, throw off the yoke of *medical despotism*, and when the life and health of a whole people are at stake, let us nobly resolve to emancipate society from this gangrene which monopoly has cast around it.

When our law-makers throw the shield of legislation around the person of monopoly, when that monopoly is moreover inimical to the wish of the people, and opposed, as it is, to the best interest of the community, do they contemplate with sympathetic sorrow the danger hovering round the lives and fortunes of the people? Do they exercise a disinterested benevolence towards society, exposed to evils innumerable, through their cupidity or indiscretion? What motive can

induce them to pass a law compelling the people to employ a doctor, whose only merit consists in his purchased privilege to practice medicine, as an exclusive system or branch of monopoly? In what light can we view any professional body, whose existence is only supported by the protection of the law, if education and ability be not sufficient to enable its possessor to obtain employment, and to compete, at least, on equal and honourable terms, with those who have these marks of distinction? What value can be placed upon our medical institutions, if, after acquiring all the qualifications which the faculty boast of possessing, and with all the honour and popularity attached to the profession, they are still unable, without the aid of the legislature, to support their high pretensions to an exclusive knowledge, and the exclusive practice of the healing art? By what criterion can we measure their usefulness, if all the glitter, the show and the splendour of a diploma, afford no efficient aid to the titled professor, nor to the whole of the faculty united; if they are unable, with all their boasted advantages over the "Empyric," or nostrum dispenser, to obtain employment without the aid of a special law, to secure to themselves an exclusive patronage? How little must all their learning, all their laborious midnight vigils, and poring over volume after volume of ponderous books, elevate them in the eyes of the world.

How repeatedly I have invited the faculty to discuss with me; they have seldom ventured to cross my path, but when they have done so, they have never stood fire for more than a few minutes. Conscious of

their fallibility, they dread investigation, lest it should lead to a full exposition of the whole of their system of cunning and delusion. Why does the apothecary colour and disguise his drugs? Why does a physician prescribe in bad Latin? These mean artifices are resorted to in order to deceive the public, and to impose on men probably as ignorant as themselves: how these poor dupes would tremble if they knew the nature of the compounds furnished by the faculty; deadly minerals are administered for almost every malady "that flesh is heir to;" thousands perish under their hands who would otherwise have survived, had nature been left unassisted, or rightly aided by mild and fitting remedies. The children of nature in their wild unlettered state, have knowledge sufficient to enable them to overcome the power of disease, and protract life to a very advanced age. Science, the great humanizer of mankind, has revealed many hidden things, that up to this period the world entertained no thought of. This may justly be termed the age of steam; how will the world express its astonishment when told that steam or vapour will in a few hours cure fever in the worst of cases. I never, during my long practice in this and other countries, knew this remedy to fail; but my object is not only to tell you a little of what I have done, but in this book will be found such instruction, as will enable you to do the same thing for yourselves, or friends, in any sudden or direful emergency; thus, every person purchasing this book, will have in his possession a diploma, that will confer upon its owner more real knowledge, and prove in the end

of much more advantage, than the skill of the faculty can ever bestow. It is high time that public attention be diverted from those corrupt channels to a candid, sober enquiry after truth. We are weary of the quackish nostrums, the catholicons, that are palmed upon the community, as sovereign remedies for diseases, that like the universal pill system, contain too often the most deadly poisons. The patient reads a pompous recommendation of a medicine of which he has no knowledge, and swallows it with avidity in the hope of obtaining relief, when, if he knew its component parts, he would fly from it as from the fangs of a rattle-snake. The refinements of civilization, the progress of science, and the various systems of philosophy, ethics and theology, have not yet prevailed to the extermination of idolatry and superstition. Galvanic rings are worn on the fingers, which are said to possess the virtue of curing all manner of diseases,—a ring is now preferred to a suit of flannel—crutches will shortly be abandoned. This new delusion is encouraged for the sake of profit, while the pulse examiners, and water smellers, still impose on the ignorance of the multitude. They do not stop to enquire how these esculapian gentry can tell by the pulse, or the colour and scent of the water, whether the patient have a pain in the big toe, or in the belly; but with the credulous and unsuspecting the imposter finds his mark. “In truth,” as a modern writer observes, “there is an unaccountable propensity in the human mind, unless subjected to a long course of discipline, to indulge in the belief of what is improbable and supernatural; and this is perhaps more

conspicuous in respect to physic than to any other affair of common life, both because the nature of diseases and the art of curing them are more obscure, and because disease naturally awakens fear, and fear and ignorance are the natural parents of superstition : star gazers, pill makers, and water smellers, avail themselves of this degrading propensity, to abuse the ignorant, and assail their pockets ; they neither understand the aspects or configuration of the stars, nor the nature of diseases or their remedies ; hence the introduction of a mass of superstitious remedies which were originally intended rather as expiations offered at the shrine of some supernatural agency, than as natural agents possessing medicinal power, and gifted with remedial virtues. A propensity to attribute every ordinary and natural effect to some extraordinary and unnatural cause, is one of the striking peculiarities of medical superstition ; it seeks also explanations from the most preposterous agents, when obvious and natural ones are in readiness to solve the problem. Soranus, for instance, who was cotemporary with Galen, and wrote the life of Hippocrates, tells us that honey proved an easy remedy for “Apthæ,” (the sprue,) an eruptive, sore mouth of children ; but instead of at once referring the fact to the medical qualities of the honey, he very gravely explains it, from its having been taken from bees that hived near the tomb of Hippocrates.

When men of learning and ability countenance these delusions, the people have a right to demand a change. Let the millions be up and onward : they



must obtain a knowledge of things just as they appear to the discerning and intelligent mind; this will enable every man and woman to live rationally and happily, that whether in health or in sickness, in prosperity or adversity, they may enjoy the consolation of that mental independence that constitutes much of the genuine felicity of life; they will thus become their own teachers, physicians, and pleaders. Man's wants are but few, and the means of obtaining knowledge abundant; on the right application of these powers depends the happiness of all future generations.

Pope said wisely, when he stated that the proper study of mankind was Man. Considered in relation with the material world, he may justly be termed the lord of creation; for him, and for his use, all things were created, so delicately fashioned, and so beautifully formed, that his every feature, replete in intelligence, proclaim him to be the workmanship of God. Yet, how frail, how feeble, how utterly helpless is the noblest of all animals, when assailed by sickness or overcome by disease. Even the minutest derangement of that intricate machinery which propels the wheels of life in their onward course, can deprive him of his enjoyment, and the riches of a world would readily be bartered for an hour's relief from pain. What avails all our knowledge of the sciences? In vain do we boast of the triumphs of art over nature, if life be held upon so frail a tenure, or its possessor be the subject of unceasing pain. We inherit from nature but few of these afflictions. Yet the laws of nature

are within our reach, and to gain acquaintance with them is an occupation worthy of a true philosopher, and without which no man deserves the name of a physician. Every man may, more or less, become acquainted with the nature of his own constitution; when the human machine stands in need of renovation, let him discover the immediate cause of the derangement; let him seek for a remedy where nature has spread her bounties;—led by instinct, the inferior animals find an antidote in the fields for their every complaint. What member of civilized society can doubt the efficacy of herbal remedies, who is at all acquainted with the nature and character of the North American Indians? their simple knowledge of the properties of herbs has enabled them to dispense not only with mineral drugs, but with doctors and diplomas; and well would it be for England, did we but imitate these children of nature in this particular.

We have too long been wandering in the dark, grappling in vain with men's opinions, and shutting our eyes in order to be led by the faculty to their aggrandisement, but our own undoing; they have so mystified and outraged common sense, in order to keep the world in ignorance, that men have ceased to think for themselves on these matters, and for want of better understanding, commit their health, life, and fortune, to the care of the doctors. When the inhabitants of this country are rightly instructed in these matters, the employment of the grave-digger will not be so profitable as at present, for death and the doctors are terms that abuse has rendered

synonymous, and they too often harmonize together.

In order to make this work available to the public as a book of reference, I shall divide it into chapters, commencing in the first place with a chapter "On Life and Motion ;" and as I am writing for the purpose of conveying instruction, I shall carefully abstain from the use of such terms as are too frequently introduced by the faculty, but which, as Cobbett remarks, "Are only fit to be used by those who are too ignorant to express themselves in their own language."



# INTRODUCTORY DISSERTATION

TO THE

## CHAPTER ON LIFE AND MOTION.

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“It would be highly advantageous to the public, and likewise to the best part of the medical profession, if the predisposition and occasions of disease were made a portion of the education of every gentleman.”—*Dr. Armstrong.*

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THAT great and good man, Dr. Benjamin Rush, speaking of the science of medicine, as it existed in his day, (and it is yet in its infancy, as is admitted by the most celebrated practitioners,) compared it to “an unroofed temple, cracked at the sides and rotten at the foundation.” And after bewailing the defects and disasters of medical practice, he consoled himself with the animating prospect “that the day would arrive when medical knowledge would attain the height of perfection; that it would be able to remove all the diseases of mankind, and leave not a single outlet for life but old age; for such was his confidence in the goodness of the Deity, that he believed he had placed on earth remedies for all the maladies of mankind.” And however distant this prospect may be, however firmly we may have implanted within us the very principles or elements that shall eventually destroy us, yet the influence of this hope, so feelingly expressed by Dr. Rush, and so deeply felt by every noble mind, that all diseases shall yet yield to the power of medicine; that sin and suffering, and the innate principles or elements of destruction in our compositions, shall be kept in

restraint until our bodies, these mortal tenements of clay, shall wear out with old age, is cheering and consoling.

These considerations should induce us to examine with care and candour, every new experiment that may be presented by the industry and experience of man, whatever may be his state or condition in life.

Dr. Robinson says, that "amidst all the different branches of knowledge which have engaged the attention of mankind, there can be none of equal importance, (religion only excepted) to the treatment or cure of the diseases to which the human family are subject; for," says he, "the soul in a diseased body is like the martyr in his dungeon; it may retain its value, but it has lost its usefulness. Such is the nature of man under the strong power of sense and sympathy. He is influenced by all the objects around him, and all the energies of thought within him are continually wearing out his mortal covering, and sapping the foundations of his house of clay, while the passions are pouring a continual storm upon the wheels of life. Man thus circumstanced and impelled forward by the combined action of many agents, 'to that bourne from whence no traveller returns,' it is not astonishing that, although the soul is so much superior to the body, he should bestow upon the care of the latter a chief portion of the labour of his life. To promote health of body and tranquility of mind," continues Robinson, "the wise men of antiquity laboured with severe and incessant toil; they studied the constitution of man, that they might find out the seat of his maladies, and the sources of his misery—to assuage the sorrow of the heart, and lift the load of melancholy from the desponding mind;—to restore to the wounded spirit its wonted elasticity, they exhausted all the powers of their reason, and all the



arguments and arts of their divine philosophy. Sometimes, indeed, they succeeded, but often failed : and penetrated with a deep sense of the inadequacy of their own feeble powers to eradicate the disorders with which they were afflicted, they were led to look for succour to that benevolent Being who sits upon the circle of the heavens, and showers down his mercies upon the world, in whom there is fulness of joy, and at whose right hand there are pleasures for evermore."

It is a fact worthy of remark, that the science of medicine, or the art of curing disease, has suffered more changes, and been the subject of more various contending and conflicting theories, than almost any subject which has engaged the attention of mankind. One great man sets up a theory of his own, and supports it by arguments which all its opponents find themselves unable to answer ; and this theory, in time, becomes the established one. In the course of a century or two, however, another great man rises up and overturns this theory, and sets up one of his own, which, in its turn, triumphs and becomes the established one. Such has been the fate of medical science for three thousand years, according to history.

The question then may be fairly asked whether the theory which is now attempted to be set up, will not, in its turn, be overthrown, and another substituted in its stead. Before we undertake to answer this question, we must go over the whole of the grounds which have been occupied by the various and conflicting theories, and ascertain whether there are not some small particles of truth in them all, which when sifted and cleared from the mass of errors with which they have been mixed, may, like particles of pure gold, be found closely adhering together, and may possibly, under more favourable circumstances, and under the favour of

Providence, become so firmly united, as to form one solid mass ; and that however small this mass of truth may be, it will be found able to withstand all the power and force of fraud and ignorance combined.

Is not truth, when considered in relation to any and every subject the same ? Is it not simple in all its parts ? Is it not always (no matter where found, or by whom discovered) exactly the same ? Is it not always perfectly consistent with itself ? and should not any science or theory, which professes to have truth for its basis, be equally simple, clear, and consistent as the truth itself ? To these questions there can be but one answer. Here then is the plain reason why all the different theories on the subject of medicine have been pulled down, and others substituted in their places. It is because in their very foundations, and in the materials with which they have been constructed, more error was to be found than truth. In bringing this theory to the test, we must first ascertain how far it is supported by those immutable truths, which, as we have said, have been in existence from the foundation of the world, but which have been mixed with error in all the different theories which have hitherto existed ; and when we have satisfied ourselves that they are to be found here, we should then enquire whether in its construction, the requisite simplicity has been preserved ; so that when it is presented to a mind free from prejudice, or in other words, to a mind that has not been unfortunately locked up in other theories, this system of medical botany will be found upon investigation to be so simple, that it can be seen through at a glance, and be known to have for its foundation, all those immutable particles of truth which have existed from the foundation of the world, but which have been lost sight of among a mass of error, we are bold to say, that so

long as it remains in this simplicity, unmixed with and clear of this error, all the efforts of power and prejudice combined, can never pull it down. But on the other hand, if it should ever demand exclusive laws for its protection; if it should ever become an engine of power, or bigotted intolerance; in a word, if it should ever become the foe, instead of the friend of man, it must, like all other systems of medicine that have been invented, sink down of its own weight, to rise no more. I repeat, that, however successful this or any other system may be, so long as it exists in its purity and simplicity, and is practiced solely with a view to the good of mankind, and according to the doctrines and precepts of our Maker, whenever it becomes a vehicle by which man may ride over his fellow man, and raise and support himself by the labour of others, upon whom he looks down with scorn and contempt, then the fabric will begin to shake, and then we may begin to calculate that its existence is drawing to a close.

But to return from this digression to the consideration of our subject: we before remarked that the value of the practice of medical botany is in its simplicity, and its easy adaptation to all manner of diseases, being entirely free from the errors which yet cling to the schools, and which custom has rendered somewhat sacred in the eyes of the profession. To prove this, it will be requisite that we state some of the facts on which we rest our former assertions. First, then, it is a truth which has been conceded from the time that Prometheus drew down fire from heaven, for the purpose of infusing life into his image of clay—that animated life depends on a portion of heat in the system. Secondly, that when this heat becomes extinct, no matter from what cause it may proceed, death must

ensue: and thirdly, that whatever has a tendency to keep up this quantity of heat, whether it be administered by way of food, or by way of medicine, either to restore the heat when lost, or to keep it up when gained, should be the only remedies resorted to by mankind. These are the particles of truth alluded to, and which may be compared to pure gold; but unfortunately, owing to a disposition in mankind to clothe every thing in mystery, they have been kept concealed from the professors of medical science themselves. These are truths obvious to every one who has had the slightest opportunity of noticing the course and success of those who have administered to the sick; they may have observed that the heat in the human system being restored to its natural state, and then kept up, whether it be done by medicine or by food, the wheels of life continue to turn smoothly on their axis. A little food taken occasionally into the stomach, for the purpose of keeping the wheels well oiled, life runs smoothly on its journey, nor stops until it has safely arrived at its final destination, which is old age: there, from the wearing out of the axle tree, or the breaking of some of the spokes, or some such incident, the wheel loses its wonted power to turn, and life becomes swallowed up in death. Thus the human machine having performed its allotted amount of labour, its operations are regularly and naturally brought to a close. Death, when viewed in this light, is not a terrible visitation. The work for which the human machine was created being ended, nature again demands her own. But how terrible is death, when it visits the cottage of the poor, and lays its chilling hand upon the father of a numerous progeny, leaving to the wide world's humanity, a wife stricken in sorrow, to bewail her bereavement, and children too young to estimate the loss

they have sustained. Death is most unnatural when it assails the couch of childhood ; every voyager on the ocean of time, is intended by nature to fulfil life's remotest duties, before summoned to his last resting place, the grave. How unnatural then for the germ of life to perish in its infancy, or for youth and lusty manhood to go down to the grave. What a moment must that be, when the last flutter expires on our lips ! what a change ! Tell us, ye who are the deepest read in nature's mysteries, to what new worlds are we borne ?—what new being do we receive ?—whither has that spark, that unseen, that incomprehensible intelligence fled ?—look upon the cold, livid, ghastly corpse that lies before you ; nothing now remains but the gross and earthly covering which held for a while the immortal presence that once animated, but has now left it for ever ; but yesterday it moved as we do ; those limbs, now rigid as the marble which is destined for their monument, so late as yesterday, were active with life ; the nerves which imparted sensibility to the frame, and the sinews that roused it to action are now quiescent and powerless. The voice has ceased to pour its music around us, the hand to exercise its cunning, and the heart has relinquished its throbbings for ever ; though the fires of affection are extinguished in the person of the departed, yet she, the fond and faithful one, whose love will survive him, though every other remembrance should perish, will cling to his memory, as the faithful ivy embraces the ruin ; true to her former vows of fidelity, like Rachael, she refuseth to be comforted.

How many have been hurried out of existence by having been reduced by bleeding, or surfeited with poisonous compounds, and all this, too, in accordance with the practice of the schools. Simple remedies



might have saved them, and spared their kindred the many tears of earnest, but unavailing anguish which they must have shed at their loss. How many thousands are thus hurried out of time, before the silver cord of life had become fully extended ; and yet, when relief is at hand, and a cure certain, profit and prejudice step in, and armed with the authority of lawful precedence, declare that another victim must bleed. Nature does not pronounce the sentence, but death by the doctors having been recorded against him, the fatal edict having gone forth, he must perish, unless rescued by the humanity of some person whom nature has instructed where to look for a cure.

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## CHAPTER ON LIFE AND MOTION.

In a letter sent from Dr. Benjamin Waterhouse, lecturer on the Theory and Practice of Physic, in Cambridge University, United States, to the late Samuel L. Mitchell, L.L.D. of New York, we find the following :—

“ I am indeed so disgusted with learned quackery, that I take some interest in honest, humane, and strong minded empiricism ; for it has done more for our art, in all ages and in all countries, than all the universities since the time of Charlemagne. Where, for goodness sake, did Hippocrates study ? Air, earth, and water, man, and his kindred, vegetable, disease, and death, and all casualties, and concomitants of humanity, were the pages he studied ; every thing that surrounds and nourishes us, were the objects of his attention and study ;—in a word, he read diligently and sagaciously the great book of nature, instead of the little books of man.”

Such an authority as the above, carries with it the weight of a thousand diplomas : by it, and such as it, the whole practice of medicine must stand or fall.

Enough has been said in support of these opinions. Let us next proceed to the consideration of the principle of Life and Motion.

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## CHAPTER I.

### ON LIFE AND MOTION.

1st. To understand the laws of life and motion clearly, the radical principles of animalization must be well considered. Without some adequate view and conception of these, the nature of disease cannot be correctly understood ; neither can we have sufficient knowledge to prescribe a rational, safe, and certain remedy for it, when found in the human system.

2nd. Through many long and tedious seasons, these subjects had revolved in my mind, before I could form what I considered a correct matured opinion. I witnessed many distresses in the family of man ; my heart was pierced with many sorrows, until my mind was established in those simple truths, that have since enabled me to become useful by prescribing a rational, safe, and certain remedy for ameliorating the distresses of mankind.

3rd. Many years of my early life were devoted to the study of medicine as taught and practiced in the schools. Whilst thus engaged, I was seized with consumption ; the most eminent physicians were called

in; their efforts to save me were exerted in vain; my case was then pronounced incurable, before my sun had gained its meridian. I was abandoned to die—the decree of the faculty had gone forth. Hope had almost deserted me, when a simple child of nature, a female of the Seneca tribe of Indians undertook my cure. What the doctors had failed to perform, she accomplished in a few days: herbs and barks were the only correctives and restoratives she employed in effecting the cure; and to her and to them, under Providence, I stand indebted for the being I now hold. No sooner had I regained my health, than I turned my attention to the book of nature. From its ample pages I have gleaned all the knowledge I possess; and I am proud to acknowledge how much I stand indebted to that poor unlettered Indian woman, who not only rescued me from the grave, but enabled me to become truly useful in my day and generation.

4th. Among those physicians called regular, I have found many who have appeared to be as ignorant of the laws of life and motion, and how the functional powers of life are kept in operation, as though they themselves had never possessed an animal body.

5th. Breathing is a demonstration of the existence of *animal life*. The principle of life has been thought to be supernatural; leave out the *super*, and say the cause of life and motion is natural—perfectly and entirely natural—and I will concede the truth of the assertion.

6th. The cause of breathing, or of animal life and motion, or of breathing and motion, where there is no animal life, we shall carefully examine. Steam machinery is propelled by steam, which is a species or kind of breathing: these possess not the capacity for animalization.

7th. In all animal bodies, the constituent or component parts are essentially the same, in man or beast. Animal bodies are composed of earth and water; these constitute the substances, dimensions, shape, and size of bodies, &c., and give, or constitute solidity, in what are denominated solids: these being constituted of various still more simple elementary principles, which may be subdivided again and again, do no more militate against our position, than the infinite divisibility of numbers by decimal arithmetic destroys the unity of numbers.

8th. Fire and air, are properly the fluids that pervade, and fill, and actuate the living animal; their operation is life; the elementary principle of life, that keeps the animal machine in motion: for where heat is extinct the animal is dead. Heat and air combined, are so modified in the living moving animal, as to constitute the living state, and justify the assertion, that cold and inaction is a state of death, or rather death itself; and a specific degree of heat and motion, so combined and modified, is the essential principle of life in the living animal; yea, rather life itself.

9th. Waving all the minutiae of chemical divisions and subdivisions, in simplifying the elementary combinations which constitute bodies dead or living, the four great original elements of air, earth, fire, and water, contain and comprise, all the more simple elements of which they may be respectively composed.

10th. A specific association, due proportion, mixture or combination of these four great elements, in an organic animal body, constitute the living state, and prolong life; a disproportionate combination destroys it.

11th. To illustrate the nature and cause of respiration, or breathing of the living animal, we will refer to the operation of fire and water. Put a vessel containing

cold water over a fire, examine it in a few minutes by immersing your hand therein; you will perceive the first warmth of the water is on the top or upper surface, while the coldest remains at the bottom of the vessel, nearest to the fire. The reason is, as soon as the water becomes warm, it becomes rarified and lighter, and rises; just in proportion as it grows warm it becomes active, until it is all in a fluttering fluctuating state of ebullition, and wastes by steam, sweat, or breath, perspiring, or respiring, until it all evaporates; this shews that heat rarifies matter.

12. This subject may be further illustrated by reference to the effect of heat on the atmospheric air. A house stands in the open atmosphere; the house is filled with air within, the air within is a counter-balance to the air without: this equilibrium of air within and without, is equal in coldness, and inaction; in all things resembling a state of death. To produce action, motion, or breath, build a fire in the house, the doors and windows being closed in the usual manner, in a few minutes every door and window begins to hum, and sound the march of air. The air within becomes rarified and lighter than the air without, the external air presses in at every crevice, to restore or form an equilibrium with the air within; the hotter and stronger the fire, the stronger will be the current of breath, or force of the breathing air. In the case of a factory on fire, should a window or door be incautiously opened, the external air rushes into the building like a whirlwind, and the hotter the fire within, the stronger will be the pressure from without. As the heat diminishes, the noise and force of the external current of air will decline and finally cease; when the heat becomes extinguished, and the equilibrium is restored. This fact only requires investigation in order to be understood.



13th. The effects of heat in rarifying and lightening the water and air, and occasioning a breathing motion, resemble and illustrate, in some degree, the breathing, sweating, and functional motions of the animal machine. The constituent or component parts of men's bodies, give organic shape, and size, and form the functional structure or organization to the machine. The peculiar mixture, composition, proportion, and modification of these elements, constitute its aptitude or adaptation to the animalizing influence of fire, lightening, air, and exciting breathing motion, and all the concatenations of motion, connected with this original or primary action, all evincing that heat is an essential principle of life, and cold an extinction of heat, or death.

14th. A still-born child was resuscitated, by placing the placenta or after-birth, on live embers, still connected to the child by the umbilical cord or naval string; and when the after-birth had gained heat sufficient to fill and dilate the naval cord with warmth and moisture, it was stripped towards the body of the child, and through this medium a sufficient degree of warmth was conveyed to the body, the lungs expanded, and life was restored. This may serve in some measure to illustrate and confirm our ideas of life and motion.

15th. In every thing that breathes, the breathing is from the same general cause. The principle of life and motion, is radically the same in all animated bodies. Without heat, there is no breathing; but when heat is constantly generated, or evolved in a confined room, excepting at one avenue, as in the lungs, there must be breathing, or what is the same, an inhaling of cold air, and an exhaling of a gaseous vapour from them.

16th. Every animated body has its proportion of

caloric or heating principle, suited to its size, adapted to its nature, and proportioned to that degree of living power requisite to keep up the operation of all the animal functions, so essential to the perpetuation of the peculiar specific form and mode of being in such animal.

17th. The heat or animal fire, or that degree and condition of it, which constitutes the living state of animalized existence, is maintained and continued, by a suitable supply of appropriate fuel or materials that are naturally adapted to that end or use; these are food and medicines; which harmonise with each other in their salutary effect, or natural influence on animal bodies.

18th. Food and medicine originate from the same munificent hand, grow in the same field, and are adapted to the same end and design, viz., to supply fuel to the fire of life, to sustain and nourish the animal machine, by warming, dilating, and filling the vascular system, maintaining the action, and supplying the wasting powers of the living state. Medicine removes disease, not only by removing obstructions, but by restoring and repairing the waste and decay of nature.

19th. On these supplies, our life depends, viz., the continuance of that state of warmth and action, which constitute the living state. When food is masticated, and taken into the stomach, the process of digestion commences, by the warmth and action of the organs of digestion, and the gastric juice, the food is thus decomposed, or consumed like as fuel is consumed in a fire. The breath and perspirable vapour, are the smoke arising from this fire, the foecal matter or dejections, are the ashes or earthy substance remaining, after the consumption of the fuel.

20th. To understand the cause and nature of life

and death, or of warmth and motion, it is necessary to advert to general principles, and the analogies of nature. There is one general cause of the natural sensation of hunger, and one general method to relieve that want, or satisfy, and relieve the sensation ; food relieves hunger when taken into the stomach.

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## CHAPTER II.

21st. In perfect accordance with this, there is but one immediate cause of disease ; however varied the remote cause may be, the immediate cause of the sensation of disease, is uniformly and invariably the same, differing only in degree, and in incidental diversity of symptoms, occasioned by local injuries, organic lesion or functional derangement dependant on these, or whatever might predispose to disease.

22nd. As there is one general cause of the sensation of hunger, to be relieved by one general method viz., by food ; and this food may consist of sundry articles, adapted to the same general end, so there is one general, or immediate cause of the sensation of disease, to be relieved or removed, upon one general principle, though a variety of articles may be used. But as a few simple articles of diet are better suited to maintain a healthy state of body, than an epicurean variety, so disease is more readily and certainly removed by a few simple remedies that are best adapted to the human constitution.

23rd. That medicine which will most readily and safely open obstructions, promote perspiration, and

restore a salutary operation of the digestive powers, by exciting and maintaining a due degree of heat and action through the system, is best suited to every state and form of disease, and must be universally applicable to a diseased state of the human system.

24th. Thus, I have given a summary view of my conceptions of the elementary composition and constitution of the human body in a living state, whether healthy or diseased. The function of breathing is a capacity or condition to be acted on, rather than any inherent power, or faculty of acting. Heat, rarifying and lightening air, excites respiration; rarifying and lightening water, excites perspiration; by rarifying and lightening air, and water, the vapour or breath is produced and thrown off.

25th. By heating water in the stomach, we lighten the air, and expand the lungs: the weight of the cool, condensed, and weightier external air, presses out that which is light and rarified. These changing conditions of the animal body, occasion the alternate contractions and dilations of the lungs, which constitute the action of breathing, indispensable to the living state.

26th. By heating water in the stomach, and air in the lungs, we put the steam engine into operation. The operation of the animal machine strongly resembles the mechanical operations of the steam engine; some of the fundamental principles of action are the same. In inspiration cool fresh air is inhaled; in expiration the rarified lightened air and vapour, are exhaled or thrown off, out of, or from, the steam pipe; by this action steam is expended, and the whole machinery of the living animal is kept in operation, the great fountain pump of the heart is kept in play, and pumps the blood through the lungs and arteries, to the extremities, deep in the flesh, and near the

bones, it ripples on through each artery and vein, until it returns to the fountain from whence it first started on its mission, having left a fructifying deposit in every artery, or crimson rivulet on its way. The warmth and action commencing at the fountain is thus propagated through the system to the remotest extremities.

27th. So long as the fire keeps up that degree of warmth essential to the living state of the animal body ; or, to speak figuratively, so long as the fire is kept good under the boiler to keep the engine at work, so long the pump will play.

28th. Our regular meals supply regular fuel to keep up animal heat, as the regular feeding a fire will keep it burning. Drink supplies the boiler with water, while the condensed water passes off through its proper channel. *How necessary then to drink water as our only beverage, to create the steam.*

29th. On these principles of the philosophy of life, we may expect a regular well-formed machine to continue its operations, until worn out by old age, unless broken by the indiscreet management of the engineers.

30th. If the machine be entrusted to the management of an ignorant or incompetent engineer, who has no correct conceptions of the principles of life and motion, and is negligent of the discharge of his duty, your steam boat, if I may so speak, will begin to slacken its speed for lack of fuel to keep up the fire, and water to supply the steam ; or the engineer may conclude that the machine is out of order, and will throw ice into the boiler to cool it down, or tap the boiler, and draw off the hot water as a preventative or remedy ; his boat will then rapidly begin to sink. Effects analogous to this are daily produced on the human machine, by those doctors who delight in the use of the lancet.

31st. If you would continue the breathing motions



of your steam boat, you must take care to have a supply of water in the boiler, and to the fire, a supply of fuel to heat it and raise the steam, and keep it at a regular temperature, and the actions will proceed with regularity.

32nd. Concerning the doctrine of a vital principle, diffused through the whole organic structure of the animal machine, inducing an elementary mode of action, or specific union of the component elements, differing in nature from all chemical action or union, and from all the laws of physical union, with which we are acquainted, we would just observe, that this subject has employed the minds and pens of many talented men, whose writings have, notwithstanding, cast but little light on so intricate a theme.

33rd. When, for instance, we are asked what constitutes a living fibre, we might as well be asked what constitutes any other property of living matter. What constitutes that in which the life of a leaf or the stem of a living tree consists? What can we reason from, but what we know? Every living thing has something peculiar to its nature, or to the life with which it is endowed, whether animal or vegetable; but a living animal has heat and motion, without which it dies: without a due proportion of heat inward and outward, there can be no animal motion, or animal life.

34th. Warmth and action, do not constitute animal life in unorganised matter; they do not constitute life without an organised structure, to which heat gives the impulse which is applied to and connected with it. Caloric, or the principle of heat, rarifying and lightening air, excites action, which state of being constitutes animalization or the living state.

35. The animal body is a machine so constructed, so modified, and endowed with such a capacity for life,

(call it vital principle, or what you please,) that heat, rarifying and lightening air, stimulating and expanding the lungs, puts the machinery in motion, and pumps the tide of life through all its living channels. This combination of actions constitutes the living state. Where this combination of actions does not exist, there can be no animal life.

36th. Suppose a man in all the vigour of life to fall into the water and sink : in a few minutes he is taken up apparently dead ; the warmth and motion of life, if not extinct, ebb low and faint within him ; as soon as you can kindle up the decaying spark, and restore inward heat by friction, or medicine, or other appropriate means, an energy is imparted to the system, the air in the lungs becoming warm, rarifies, expands, and heaves them into action ; the machinery of nature begins to move, the wheels of life no longer vacillate, the due proportion of heat, inward and outward, is restored, and nature regains its wonted strength and vigour.

37th. All that is requisite in such a case, is to supply heat to raise the latent spark of life. The same holds good in a collapsed state of disease, whether it presents itself in the shape of cholera, or whatever other form. The vascular tissue loses its tone, the whole system sinks rapidly in consequence ; the living power is too weak to distend and expand the lungs, and the heart and arteries, no longer propel their contents, by maintaining the required action ; the spark of life is becoming feeble, the water that should exhale and perspire away, becomes congestively condensed, and extinguishes the spark of living fire ; the coolness and weight of the internal air, is too much for the small degree of heat remaining in the lungs, heart, &c. ; the power of life, or rather the capacity to live, and keep the powers of animal life in the warm and moving, or

living state, is lost for lack of heat, or rarification in the system.

38th. In this case, shield the sufferer from the cold air as much as possible, by wrapping him in a blanket, placing him in a warm bed, and gradually raising a steam around him; administering frequently, and perseveringly, the warmest medicines: injections may be resorted to as the case may require. Proceed in this course, till you have gained a sufficient degree of inward heat, to restore the drooping patient to a proper degree of warmth and action. When the appetite returns, administer food to keep up the steam, the mechanism of life will then begin to work freely, and the patient being as one snatched from the grave, will rejoice in the dawn of returning life.

39th. Much has been said about drawing in the breath, but the truth is, you cannot keep it out, so long as there is a due degree, or fair proportion of heat in the lungs; neither can you prevent the pump-like motion, or the pump-like action of the heart, in its systole and diastole; but when the heat decays, or the state of living warmth declines, the lungs begin to labour like a wheel wading slowly in the back-water, the pump has not the power to roll the blood along the arterial canals; the pulse is languid, the extremities grow cold; the blood that formerly maintained the warmth by its active circulation, recedes from the extremities, there is not heat enough at the fountain, the sufferer dies for want of breath (as is vulgarly supposed,) but the true cause of the calamity should be ascribed to the want of a capacity to *breathe*, and not to asthma, consumption, or any of the fashionable diseases, as enumerated by the faculty of the present day.

40th. The regular faculty are requested to inquire,

whether the depleting antiphillogistic practice, which has been so alarmingly mortal in its results, has not been the cause of introducing and producing much disease, and many of the most fatal results, that have attended what has been called scarlet, and other fevers, cold, plague, cholera, &c.

41st. In concluding this chapter, I would remark, that the principle of vegetable and animal life, is the same. One common cause, or principle, must, and will produce similar effects: the nutritive processes in animals and vegetables, bear a striking resemblance to each other. Vegetables, like animals, are constituted, or formed of the four great cardinal elements; all vegetable life is under the control, influence, and operation of similar principles, as that of an animal. Without earth, water, fire, and air, nothing like vegetation could exist. The winter season is a state of death to vegetation, just in proportion to the loss of heat, is the degree of the suspension of life. We mean a loss of that peculiar modification, or elementary combination of heat, that constitutes the living state of a vegetable; this loss is a degree of death, or a degree of the suspension of vegetable life; in many instances, the suspension is fatal.

42nd. In cold countries, after the winter has past away, and the spring returns, suspended vegetation, and suspended animation, are again restored; the torpid reptile again inhales the breath of life. Heat in this case, is not only an agent of restoration to life and vigor, but it is so adapted to the condition of the being, on which its influence is exerted, as to constitute a living principle; on the other hand, cold is not only an approximation to death, but that degree of cold which is inconsistent with, and contrary to, the living state, is death itself.

43rd. Heat does not act alone and independent of

the other elements, but in harmony and accordance with the whole family. But without this active principle, there is no life in the material universe. The elements would rest in everlasting silence and inactivity, if destitute of this generative father of life and motion.

44th. Abstract the element of fire from all the others, stillness and silence would be universal—the life of all that breathes and moves, would be swallowed up in the quietude of eternal death. Earth and sea would be, and remain a solid unmoving, and immoveable mass; the fluid air would be consolidated to the flinty hardness of the diamond; creation would be a blank, and dark impenetrable *chaos* would reign again.

In the above dissertation on life and motion, I have thought it expedient to use many repetitions, that the leading ideas being variously expressed, might be more clearly illustrated, and better understood by the reader. I shall, hereafter, refer to some of these arguments in the chapter on disease.

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### CHAPTER III.

#### ON THE ANATOMICAL STRUCTURE OF THE HUMAN FRAME.

1st. As an accompaniment to the chapter on life, I here propose to offer a few concise remarks on the structure of the human frame, and the operative principles that sustain the phenomena of animal life.

2nd. Were I about to enter extensively into this important and intricate subject, I might commence



with a specious development of the mechanical and anatomical structure of the human frame ; but I only design giving a concise view of some interesting points, for the purpose of illustrating certain principles inherent in the living animal body, without attempting anything like a vain parade of scientific ingenuity.

3rd. To effect the object I have in view, I shall only take a passing glance at the mechanical or organic structure of the human body ; and in this glance, shall just take notice of what are called the solids, particularly the bones, muscles, glands, arteries, and veins, with the nerves, and the pores.

4th. The bones, by their shape, size, and articulations, the nature of their substance, and their particular adaptation to the end designed, give strength to the whole machine, and are subservient to aid and direct the motions of a living moving body.

5th. The muscles inserted into the bones, and clothing or enclosing them, connect and hold the frame together, and are sufficiently elastic, not only to allow of, but greatly to facilitate every requisite motion.

6th. The glands, secrete and excrete, not only the saliva, bile, and urine, that are accounted excrementitious, but other glands in performing their functional operations, supply appropriate fluids to moisten, and lubricate the parts dependent on them, for the supply of such necessary moisture and lubricity.

7th. The circulation of the blood in the arteries of a living human being, conveys a stream of animation along their channels, and the ramifications of the veins distribute the living stream to the remotest extremities of our frame.

8th. The nerves are the organs of sensation, they are the vehicle of communication between the brain and external objects. They originate in the cerebrum, and

their sentient extremities coming in contact with external objects, constitute the sensitive state or condition, called hearing, seeing, feeling, tasting, and smelling.

9th. The cerebral nerves are more the immediate organs of sensation, and anatomists refer us to the nerves issuing from the spinal marrow, which appear to be a continuance, or elongation of the medullary system of the brain; to these, the power of motion is said to belong.

10th. The nerves appear to be the conductors of a nervous fluid, or kind of animal electricity, particularly the cerebral; and in this way originate sensation, and ultimately thoughts, and combinations of thoughts, volitions, and reflections.

11th. The pores of the skin constitute a great and important outlet of superfluous matter; they are admirably adapted for the purgation, or throwing off offensive humours, from the whole machine, by an universal stream of perspiration. By this means also, the skin is kept soft, as perspiration proceeds regularly in a healthy state. Through these channels, about five-eighths of what we eat and drink, are discharged from the body.

12th. From this concise sketch of the subject, we arrive, with a good degree of certainty, at the following conclusions:—

1. We discover that the exercise of the whole body is of importance, to bring the elastic power of the muscles into action, rouse the nervous energy, move the joints, and circulate the fluids.

2. We discover that it is very important to the well-being of the animal system, to maintain a proper determination to the surface, to promote a free and full circulation through the pores of the skin, that the system may not become loaded and oppressed, by the

retention of those redundant and offensive excrementitious impurities, which are often injurious to the system, and which nature meant to pass off that way.

3. The fact becomes obvious, that the rational way of cleansing the system of these deep-seated and pernicious impurities, according to correct natural principles, is by the pores of the skin, not by drastic debilitating purgatives or cathartics, as they are called.

4. We are drawn irresistably to the conclusion, that as the blood contains a principle of vitality, or a certain something, call it what you will, essential to a living state of sensation, volition, or voluntary action, this living principle of life, or principle essential to life, circulating in and with the blood itself, imparting power to move, see, hear, feel, taste, smell, live, or be alive, is conveyed in the vascular channels prepared for its circulation to every part of the living body: of course every thing that has a direct or indirect tendency to diminish its quantity, or vitiate or weaken its quality, or impede its circulation, is calculated to induce disease.

5. It must be evident from this reasoning, that wherever an impoverished and vitiated state or condition of the blood exists, the nervous energy or force of the nervous fluid is diminished: thus rendering the power of animal electricity defective, the nervous system then becomes relaxed, or spasmodically contracted, and mental derangement often supervenes.

6. We now discover that we may bring these deductions to a focus, in one general inference, which may be stated thus:—of the living, sensible, human machine, the blood is the life thereof, its vital principle, a living energy or impulse is there, therefore, if the blood be furnished to the system in sufficient quantity and of a salutary quality, and if it circulates with natural facility and regularity, the power of life is strong; but every

unnatural or improper diminution of its quantity, or deterioration in its quality, or whatever disturbs or deranges the natural circulation thereof, is an approximation to death ; because life, or the vital impulse, is thereby reduced in force and energy, the principle of life becomes disturbed at its very foundation, the living power being partially and inefficiently distributed.

7. As the living body, in which the stream of life is circulating, is invariably endowed with, or possessed of, a certain degree of heat, it is evident, that heat must be essential to vitality. It always accompanies the living state, either as a cause, or as an effect ; it may, however, be ascribed as a cause, for where there is no warmth, vitality is extinguished.

8. From the above suggestions, we are naturally led to inquire, upon what principle the living system can be sustained in life, and its wastings supplied ? When its energies are impaired, how shall restoration be effected ? How is life supported ? How is the blood furnished, or supplied with vitality, or by what means can we keep it up in the system ? It is constantly diffusing and imparting warmth and vitality, thereby wasting its energies or power to sustain the same ; when the needful supply fails, these faculties or living powers all decline. If a certain requisite degree of warmth be not supplied, vitality must become extinct, or in other words, death must ensue.

9. Nothing can be more evident, than that the blood is constantly forming, and being continuously recruited and renovated, in quality and quantity. This process is kept up through the supply of the food, both liquid and solid ; this food, or ailment, is taken into the stomach, where it passes through the process of digestion, and is taken up by the lacteals. A nutritious distribution ensues, imparting stimuli, warmth, and motion, through

the whole system ; these, in connection with the air inhaled into the lungs by respiration, the changes it undergoes, and the effect produced, will at once account for all the phenomena of life.

10. I consider the process of digestion to be an all-important desideratum in the perpetuation of animal life and health. Whenever the powers of digestion are impaired by any defect in quantity or quality of the food supplied, or any defect occurring in the organs themselves, the general condition of the system is affected as a natural consequence. In proportion to the impaired condition of our digestive powers will be the measure of our disease, the living fluid will become vitiated, weakened, or impaired, its stimulating, warm, and vigorous powers, will thus become defective.

11. On similar principles, whatever poisonous or unwholesome substance is taken into the stomach, either as food or medicine, and, by the organs of digestion thrown upon the system, will naturally impair its healthy functions, introducing thereby, a general derangement, and disease and death will inevitably follow, unless the impending evil be discovered in due season, the cause avoided, and salutary remedies applied.

12. I have sometimes, by way of illustration, compared the human machine to a distillery, where the grain ground by the teeth, is transferred to the stomach, to undergo a species of fermentation, by a proper combination of warmth, air, and moisture ; the process of digestion there commenced, is more fully completed in the duodenum, and its appendages, where the work of separating the spirit from the alimentary mass is performed. The aqueous, or watery part, in which the vitalising spirit swims, is separated from the residuum or solids ; the lymphatic mesenteric glands, the lacteal vessels, and thoracic duct, are thus supplied with that



milk-like liquor, called chyle, which is found in these vessels a short time after eating.

13. This chyle is in the operation of digestion, separated from the chyme, or partially digested mass of food, in its passage from the stomach, to the small intestines, by a combination of the gastric, salivary, and pancreatic juices, and by admixture of a portion of bile. The work of digestion being so far completed, nutrition is imparted to the system. The chylous vessels that arise along the small intestines, take up, and convey the fluid by appropriate organs, for replenishing the blood in quantity and quality; the regular and natural exhaustion is thus supplied, and every waste restored.

14. If by any means the powers of digestion become impaired, what is the natural conclusion? May we not then conceive that the chyle, on which our nourishment and life depends instead of being properly prepared, would be furnished either deficient in quantity, or presented to the lacteals in a condition not fit to be received? Of course: what nature designed for our nutriment, would pursue a different channel, and pass off in this crude, imperfect, morbid state, like the rice-water stools, attendant on epidemic cholera. The blood in such cases loses, or is deprived of its wonted supply, its stimula, heat, and nourishment; its circulation becomes weak and languid, the extremities of the system become cold and shrivelled, and the coagulated state that ensues, presents a purple hue upon the surface; the muscles contract and collapse with spasmodic confusion; the impoverished stream of life gives but a feeble tone to the vascular system, recedes from its wonted excursions, and rolls back upon the heart. Its action becomes feeble by oppression, the pulsation weak or imperceptible, until the golden bowl is broken,

and the pitcher dashed in pieces at the fountain, and death closes the scene.

15. In order to express more clearly my ideas, how we should prevent disease, let me follow up the comparison we have already made. Like a distiller of spirits, we should keep our vessels clean, see that the stomach acquires no foulness, lest it communicate a taint of impurity to the blood. To prevent this, we should use only sound materials, wholesome digestible food, such as will yield good nourishment, otherwise, there may be some failure in the process, and little spirit be obtained, and that of a poor defective quality.

16. To cure disease, let us do as the distillers do : cleanse the stomach, as they cleanse their casks ; to this end, *we must use emetics*, stimulate it to a healthy action, supply it with digestible food : in this way, fresh and good chyle will be formed, the blood will be supplied with a stimulating spirit ; action, warmth, and nourishment, will be the consequence. Thus circumstanced, all the organic functions will proceed harmoniously, there will be a regular determination to the pores of the skin, of all that ought to pass through those cutaneous functionaries. From the chylous region to the surface, there will be a regular transmission and transmutation, the whole machine will be kept clear of obstructions and impurities, and the established laws of nature will operate unimpeded in the whole process.

17. What nature would do, if unimpeded in its operations, is just what should be attempted by the use of medicine. It is all it can do, to do any good. If the powers of nature be debilitated and embarrassed by any cause, and the vital functions languish, we must stimulate the system, rouse the fire, excite the living principle to action, and propel the motions of the

whole machine. By warmth and action, the fluids become rarified within, and this heat, exceeding the external temperature, gives a more vigorous determination to the surface, cleanses it from lurking, lingering impurities, and restores declining nature to its wonted health and vigor.

18. In effecting these important objects, sound discretion, aided by observation and experience, should be the criterion to regulate our efforts. An excessive irrational extravagance, that savours of violence in our efforts on the one hand, or a timorous indifferent inefficient treatment on the other, are extremes to be equally avoided. When safe and well-tried medicines are used, we should apply our remedies with all diligence and persevering faithfulness; for by perseverance, means have succeeded, when hope had almost forsaken us.

19. When injured nature is too much weakened and obstructed in her operations, to execute her own laws with necessary effect, we should promptly and perseveringly afford her the needful assistance. In effecting these important objects, let us not forget that the stomach is the great centre of our sympathetic associations throughout the whole system, whether healthy or morbid. In sickness, to establish the digestive powers, and give them victory, is a victory worth gaining. In this way, we may stimulate and rouse, and impel the whole machine into a salutary operation, remove disease, restore health, and triumph over ignorance and superstition, which last, are at times more formidable than the disease we have to encounter. To overcome disease, when it presents itself in a formidable shape, and to combat the errors of ignorance at the same time, will require our utmost skill. The Apostle's direction, though given in another case, may well be applied here,

namely, "That we be not weary in well doing, for in due season we shall reap, if we faint not."

20. The next chapter will be devoted to the nature of disease, its origin, together with its local and general impressions, each revealed in its proper character, so that it may be distinguished easily from others of a similar nature. In support of my theory, I shall reason only from first principles, making my deductions from natural causes. The whole of my information having been gleaned from the book of nature, my readers will have no difficulty in comprehending, what I so much wish them to understand.

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## CHAPTER IV.

### ON THE NATURE OF DISEASE.

Hooper, in his Medical Dictionary, speaking of disease, or *morbis*, says, "That any deviation from the natural and healthy actions of the whole system, or any particular organ, constitutes disease," and yet after this most simple and plain acknowledgment, we are told, that it is necessary to study the symptoms and indications of *fifteen hundred diseases*. This absurdity will of itself sufficiently account for the errors that are being daily taught in our colleges, and practised in our medical schools. Suppose an author should assert, that "hunger arises from a want of food, or sustenance being given to the system," or withheld from the stomach in particular; and then tell us, that hunger presented no less than fifteen hundred symptoms, all originating

in one common cause, yet to be combated singly, we should not only doubt the accuracy of such a philosopher, but disregard his authority on all future occasions. To make this more apparent, we have only to present Hooper's definition on the nature of disease, as a parallel to the common sense view of the subject.

From Hooper's Medical Dictionary, page 532, we extract the following quotation.

"Disease, any deviation from the natural and healthy action of the whole system, or any organ in particular."

Hooper, says,

"Disease may be local, affecting only some particular part."

Or it may be "CONSTITUTIONAL, affecting the whole system."

Or it may be "SPECIFIC, marked by some disordered vital action, not common to disease in general, but peculiar to the individual disease."

#### BOOK OF NATURE.

Every page proclaims hunger to be a want of food, or nourishment; to deprive the system of nutrition, must produce disease, not only in the stomach, but finally in each organ in particular.

Hunger may be local, affecting only the stomach, from which particular part the disease is readily expelled, by presenting it with a good dinner.

Hunger, if not allayed, will affect the whole system; therefore, it becomes constitutional.

Hunger may be specific, marked by some disordered vital action, not common to disease in general, but peculiar to the individual disease, as in madness, despair, &c.



Hooper, says,

Or it may be "idiopathic, primary, and not dependent on any other cause."

Or it may be "symptomatic, or sympathetic, and accompany some other disease."

Or it may be "periodical, recurring at fixed periods."

Or it may be "acute, severe, and of short continuance."

#### BOOK OF NATURE.

Hunger may be "idiopathic," primary, and not dependent on any other cause; since the application of food, will at once restore health.

According to this logic, hunger assumes the symptomatic form, when leagued with, or accompanied by intemperance; but it is truly absurd to suppose drunkenness a derivative of hunger, though it may at times accompany the same.

Periodical disease, like periodical hunger, may be likened to the changes of the moon, whose face may be concealed from our vision at times, but she nevertheless maintains her position in the heavens.

Hunger, if not removed by food, will soon terminate in death, and anything that prevents a proper digestion of the food taken into the system, or that obstructs the circulatory power, will effect the same.

Hooper, says,

“Or if long continued, assume a chronic form.”

BOOK OF NATURE.

Hunger cannot be continued long; for in order to keep up the steam, the system must be supplied with fuel; the result will be the same, if death be induced by starvation, or accelerated by disease.

“That disease is epidemic, generally diffused among a population, and arising either from contagion, or some atmospheric, or other cause, the influence of which, is extensively felt.”

Epidemic hunger is unfortunately too often felt by the population of this country, when sickness most prevails; the doctors with their weighty bills, tend not a little to increase the general distress.

“Disease may be hereditary, descending from the parent to the child.”

The penalties of hunger are too often made hereditary, by injustice: when a famishing mother sinks through exhaustion, consequent upon a want of food, and other necessities, her child, must of necessity, become enfeebled in proportion to the parents debility.

“Disease may be acquired, not hereditary, but dependent upon some laws operating after birth.”

A child may be starved out of existence, through many circumstances operating upon the parent, such

Hooper, says,

BOOK OF NATURE.

as not having food to administer to her offspring; but the same cause, namely, want of nourishment would have produced the same effects, had the child never left the womb of its mother.

“Disease may assume an asthenic form, attended with strong activity of the vital organs.”

This symptom is developed in the first stage of hunger.

“Or asthenic, attended with a sinking and general prostration of the vital powers.”

Approximating to the last stage of hunger.

Thus might we go on drawing the contrast, until we had noticed all the general heads of disease, as given by Hooper, consisting of nineteen generalities, which when analytically given, amount to FIFTEEN HUNDRED, all of which, are enumerated in the nosology of the learned; but, having wearied ourselves to no purpose, we should be induced to give up the task, in despair of doing any good; and having retraced our steps, we should arrive at the point from which we first started out in company with Hooper, namely, “That any deviation from the natural and healthy actions of the whole system, or any particular organ, constitutes disease.”

If this, in reality, be the definition of disease, in the name of truth, why is it necessary to spin it out into

threads innumerable ; and why cumber it with so many incomprehensible technicalities ? No just reason can be assigned for such conduct, save that MONOPOLY delights to be clothed in MYSTERY : and this specious delusion has usurped the name of science, in order to keep the world in awe, lest the public should obtain a knowledge of the daily imposition that is being practised upon them. In order to keep up a tone of respectability, the faculty labour to make an impression on the public mind, to the effect, that their system is based on science, and contains all the ingredients of reason that the mind can employ. Science, when pure, is the evidence of truth, based on a knowledge of the laws of nature ; in which form it is beginning

“To spread its lucid ray,  
O'er lands that long in darkness lay.”

Even now the idea is beginning to be exploded, that it requires years of study and college training, in order to become acquainted with the fact, that disease is only a deviation from the natural and healthy action of the whole system. Following out the symptoms of disease as taught in the old schools, is like the numerous cases reported in the coroners' inquests, such as died from exhaustion, died from debility, died from want of food, died from want of sustenance in the stomach ; and in many cases, when the victim has been unmercifully starved out of existence, or devoted to the grave, through the ignorance, or inattention of the doctor, a verdict of “died by the visitation of God,” has been returned by the jury. Almost every disease to which it is said we are subject, has furnished a theme on which volumes have been founded ; theories have thus been ushered into existence, strange names and unintelligible technicalities have thus been invented, and the veil of

mystery has been drawn closer: to these circumstances we are indebted for the pathology of disease, being so faintly comprehended, and so little understood. The celebrated Dr. Rush, assigns as a reason, why the faculty fail of curing disease, "the want of a knowledge of it;" other eminent members of the faculty, express a similiar opinion. In a late number of the British and Foreign Medical Review, we find the following admission:—"That the intermittant nature of disease, must certainly be better understood, before we can practice medicine scientifically:" and in the "London Medical Repository," vol. 2, page 97, we find the following candid, and yet to the afflicted, appalling acknowledgment:—"After an interval of two thousand years, from the establishment by Hippocrates, of what may be reasonably denominated medical science, to this time, it is remarkable, that a sufficient number of data, or facts, have not been recorded for laying the foundation of a full and convincing theory of disease, as far as respects its cause and cure. If whatever can be assumed to be rational medical theory, must be founded on a series of actual facts, and not on gratuitous data; and if there is individually a paucity of such facts, any plan which tends to remove this difficulty, by whomsoever projected, or by whatever medium given to the public, deserves, and will receive, a countenance, and an approval, proportionate to its merits."

Dr. Reece, (an authority of celebrity,) says, "that the symptoms of disease are often so doubtful, and so varied in their character, as to require much observation, and practical experience, to enable us to make the distinction between one disease and another." Again, the celebrated Dr. Buchan, says, "Physicians are often mistaken as to the locality of disease, in children especially." Dr. Rush also asks, "How



often physicians ought to blush at their prescriptions, when upon a *post mortem* examination, they find that they have altogether mistaken the locality of the disease." In another place, the doctor compares the science of medicine, to an unroofed temple, cracked at the sides, and rotten at the foundation. Lord Bacon, assigns as a reason why the science of medicine has not progressed and kept pace with the other sciences, that "physicians have reasoned in a circle, and not in a line." When we reflect upon the number of theories of disease that have been propounded since the days of Hippocrates, to the present time, and consider the advantages that would naturally flow to the aid of those theories, from the sciences, particularly anatomy, physiology, and chemistry; when we reflect upon these advantages, we must conclude that we have facts and data, sufficient to enable us to place the science of medicine upon such a pinnacle of honor, that every other science must obediently follow in the wake of this benevolent benefactor. But alas for suffering humanity, our grave yards tell a different tale. From the lettered monuments, you learn that three-fourths of the inhabitants sleeping there, were under thirty years of age when they died. Had science no remedy for these afflicted ones? Yes, but the monopolists have failed to discover the remedy, and like the dog in the manger, will prevent others from emancipating the world from ignorance, lest they lose their profit.

Many of the profession who have ranked high in the medical world, have retired from it in disgust: finding all their efforts to combat disease unavailing, they have voluntarily abandoned the practice of medicine, relinquishing their labour in despair. With minds such as these gentlemen must have possessed, had they been

taught more of nature and her operations, and less of the logic of the schools, they would doubtless have conferred incalculable blessings on mankind.

We have before remarked, that all the diseases to which the human family are subject, proceed from one common cause: let not the reader of these pages exhibit any surprise at this seemingly strong assertion; look only to the evidence by which it is supported; weigh well the arguments advanced in its favour, and pronounce your verdict accordingly. *Hooper*, in his Medical Dictionary states, "*That disease is only a deviation from the natural and healthy action of the system, or any organ in particular.*" *Hippocrates* says, "*all diseases resemble each other, in form, invasion, march, and decline, the type of all diseases being the same.*" *Dr. Harvey*, the discoverer of the circulation of the blood, says, "*It cannot be told in fewer words, than that health is a free circulation, and sickness an obstructed circulation of the blood.*" *Dr. Thatcher*, author of the American Dispensatory, says, "*all diseases originate from obstructed perspiration.*" *Dr. Brown*, author of the Brunonian system, says, "*he wasted more than twenty years of his life, in learning, teaching, and scrutinizing medicine;*" he says, "*it was only betwixt the fifteenth and twentieth years of his studies, that like a traveller in an unknown country, wandering in the gloom of night, after losing every trace of his road, a very obscure beam of light, like that of the first break of day, dawned upon him.*" *Dr. Dickson*, author of the Fallacies of the Faculty, and a medical officer in the staff, in adverting to the above statement of *Brown's* remarks, "*It was my fortune to be more early staggered with the inadequacy of received doctrines, either to explain disease, or to cure it.*" *Dr. Dickson's* opinion of disease is "*but one cause, and that in fact, intermittant.*" From the

*above authorities, it is evident that our first position, namely, that disease is a loss of animal heat, or a disturbed operation of it, is correct.*

We have a guarantee for all that we have previously advanced relative to the nature of disease, and its probable cure. Who of the faculty will dare to doubt the ability of the eminent physicians above quoted? Who will dare to question their authority, or dispute the force of their reasoning? Even the voice of envy, and the tongue of calumny, is silent when opposed to such formidable opinions. All unite in proclaiming this eternal truth, "that there is but one cause for disease." To apply *fitting remedies* must next claim our attention. The next chapter will treat on the remedies employed by the faculty, in order to convey to the public, a knowledge of the POISONS, MINERALS, and DEADLY DISTILLMENTS, which have from time to time, received the sanction of authority; and which in the hands of the faculty contribute more to the DESTRUCTION of human life, than all the DISEASES peculiar to our nature, (or forms of disease proceeding from one common cause,) have been known to prove, when nature has been left to run her course, and no such dangerous remedies applied.



## CHAPTER V.

## ON THE REMEDIAL AGENTS OF THE SCHOOLS.

Lord Bacon, in his Medical Essays, affirms that "there is but one natural cause for death, namely, old age." Notwithstanding the boasted remedies of the schools, how many victims are hurried annually to premature graves. Whence arises this calamity? There must be a cause assigned for this want of proficiency on the part of the faculty. The truth may be gleaned from the assertion of Dr. Rush, who affirms, (speaking of the faculty,) "that our want of success, is owing to the want of a fitting remedy." Sometimes in my lectures on this subject, I have, in order to illustrate this fact, introduced the figure of an Indian, from the woods, supposing him to be a stranger to all our habits and modes of civilised life. I have supposed him to have visited our large towns and cities, in order to acquire information on various subjects. I have led him to the establishments, where drugs are prepared, and medicines compounded; have described to him the number and nature of the remedies provided for the afflicted;—what would be his reflections, having previously learned in his own country, that medicine, or remedial agents, were meant to cure; surely, he would exclaim, "there is no sickness in this highly favoured land! People here must die only from old age;" but how shall we pourtray his astonishment, when he learns, that three-fourths of our medicinal compounds are poisonous, and that they hold with life a deadly enmity, that when administered to the hale and strong, they

produce death, in some cases instantly, and in others, more slowly, he would at once suppose, that our ignorance was not only unaccountable, but extreme. "How can it be possible, for this people to cure the sick, or remove disease, by the application of agents, that not only induce sickness, but produce death? How can they expect to cure, by administering that which is known to kill? By what law in nature can they preserve life, while travelling in the path that leads to death? I have heard," continues the unsophisticated child of nature, "that one of your renowned physicians, Dr. Rush, has said, 'that the reason you fail to cure disease, is WANT OF EFFICACY in the REMEDIES;' but I infer from the nature of your medicines, that the reason why so many of your people die in their youth, is because you assist disease, instead of assisting nature in the performance of her cures. No wonder your pale-faced friends fall around you—no wonder that so many children are left parentless: the only wonder is, how so many escape the grave, when every street contains a store-house for poison, and the learned men of the age distribute it amongst the people, who, while confiding in the skill of the doctors, are thus doomed and devoted to destruction."

How truly natural is the above picture: how strikingly expressive of things as they are. Take a glance at a few of the poisons, such as are now being daily used by the faculty, for the removal of disease. What is the effect of mercury, in many of its forms? Is it not notorious, that when given in large quantities, it produces the most violent salivation, accompanied with the most terrible consequences! It also produces pain, similar to rheumatism, and painful nodes of a scrofulous nature. At other times, it attacks the bowels, causing the most violent purging, and sometimes



the discharge of blood. "Mercury, when it falls on the mouth at times, produces such severe inflammation that mortification frequently ensues." Such is the character given of mercury, and its effects, as a medicine, by Hooper—the above having been extracted from the Medical Dictionary, as found in the seventh edition of that standard author. Leaving mercury for the present, we will now turn to ARSENIC, a well-known POISON, fatal and DEADLY in its effects, and yet much used as a medicine, by the medical men of the day. Hooper says, "ARSENIC is a substance, that acts upon the animal economy, as a DEADLY POISON, in quantities so minute, as to be insensible to the taste, when diffused in water, or other vehicles; it has often been given with criminal intention, and fatal effects."—*Medical Dictionary*, page 180. Dr. Black, another eminent authority, speaks of this deadly article, in the following appalling terms:—"The symptoms produced by a dangerous dose of arsenic, begin to appear in a quarter of an hour after it is taken; first sickness, and general distress of stomach, succeeded by thirst, and burning heat in the bowels; then come on violent vomiting, and severe cholic pains, and excessive painful purging; this brings on faintings, with cold sweats, and other signs of great debility; to this succeed painful cramps, and contractions of the legs and thighs, and extreme weakness and death.

"Hydrocyanic, or prussic acid, is a poison of so fatal a character, that if one drop of it when in the pure state, be dropped on the tongue of the strongest dog, he falls dead, after one or two convulsive respirations. A few particles of the same, applied to the eye, produce similar effects: one single drop of the acid, diluted with several drops of alcohol, injected into the jugular vein, will kill the animal, as suddenly as

though he had been struck with lightening. In animals thus poisoned, scarcely any trace of irritability is discernable in the muscles, a few moments after death.”—*Extract from Hooper’s Medical Dictionary, page 750.*

Every man possessed of common sense, must see the danger attendant upon the use of these poisons,—when employed as remedial agents for the cure of disease. Should a bungling apothecary weigh out one grain more than required by the prescription, it may end in the death of the patient. But why use them at all? Why tamper with life and health, by administering to the afflicted, such dangerous substances? Is it ignorance, or worse than ignorance, that prompts men thus to act towards each other? The public are made to bear the consequence of this unparalleled cruelty, but the responsibility must, and will, in the end, follow the perpetrator.

Oxalic acid is another of the dangerous remedies made use of by the medical doctors of the present day. Hooper, in his Medical Dictionary, page 976, says, “that oxalic acid, acts as a violent poison, when swallowed in the quantity of two or three drachms: accidents are frequently occurring, in consequence of its being sold by the druggists, for Epsom salts.” The London Medical Repository states, “that nine accidental deaths have come under his own observation, occasioned by the use of this poison, within the last two years.—*See vol. 6th, page 475.* George Johnson, editor of the Medical Repository, says, “he is fully persuaded that many of the druggists are completely ignorant of its effects.” Who, we ask, are the responsible parties in these transactions? The druggist is compelled to inscribe every packet of this poison that he vends to the public, with the word POISON on the wrapper. The

doctors use it as a medicine ; if it will destroy life in one case, it cannot possibly be beneficial in another : there is no difference in the quality of the article, whatever there may be in the quantity administered at one time. Suppose that a member of your household should be sacrificed by the use of this article, what remedy is in reserve for you ? Should the father and husband be the victim, how is the bereaved family to obtain redress ? Is there a tribunal for dispensing justice in such cases ? Alas ! no, for the grave will not give up its dead ; and if the apothecary can prove that he has acted in accordance with the requirements of the schools, having received his diploma from the most Worshipful Apothecaries' Hall, and gone through the ordeal of college practice, though the results of his practice have proved fatal, nevertheless, as it was done *secundum artem*, or according to the science of the schools, he is exonerated from all blame, though human life had been sacrificed at the shrine of ignorance, thus set up by the faculty. Let the public take this matter under their serious consideration—let the people make this question peculiarly their own, until they learn this all-important truth, that that which produces death, can never promote life. Let them know this, and the dictum of the schools will be silenced for ever. Another Dr. Frank will not then have to exclaim, “ that hundreds are slaughtered in their quiet sick room.”

ANTIMONY.—This is one of the most common medicines of the schools. In too many instances, I have been witness of its poisonous effects upon the human system. For many years I have watched the workings of this medicine, and as it bears with the public a much better reputation than it ought to possess, I will give you a sketch of its character, as well as its general effect on the human system. Hooper classes it amongst

the poisons, and gives the following graphic description in his medical dictionary:—"Emetic tartar, (which is one of its forms), produces effects very analogous to those of arsenic. Violent vomitings, and purgings, with cholic, pain and sensation of burning in the stomach, difficult respiration, faintings, convulsions, and death." Compare the description of this poison, with the one before given of arsenic, and the nature of these fatal opponents to life, will be found to resemble each other in every particular. This dangerous salt is frequently given to young children in the form of an emetic. I need not add, that it is unsafe, and should never be administered for any such purpose. Even a very small dose of it has been attended with fatal consequences, and it sometimes fails to produce any emetic effect whatever; but if the dose be repeated, excessive purging comes on, with sinking of the pulse, and a clammy sweat, which terminates in death.

The faculty rest much of their strength on the virtues of antimony; hence its use for children, when stuffed at the chest, or when labouring under febrile symptoms, in the form of antimonial wine. But if it possesses no salutary properties, why does it produce on those who take it, a determination to the surface? Why does it produce cold clammy sweats? Simply because it is opposed to nature's healthy actions, and when taken into the stomach, is received as a common enemy, and all the energies of the system are summoned together, in order to expel it. All the symptoms above described, which by the faculty are termed favourable, are but the results of the exertion necessary for its expulsion. But I may be asked, what evidence can I advance in support of this position? My answer is, that I have evidence which cannot be doubted. Do not weakness and debility invariably follow its use? A sanitive and

proper medicine will RESTORE STRENGTH, and not DIMINISH it. The parliament of France, by the instigation of the French college of physicians, passed an act, annexed to which was, a penalty making it criminal to either sell or partake of this dangerous drug. Again, what antimony should effect, can be fully accomplished by sanitive herbs, which are indigenous to our country : these can be safely administered without danger and without fear ; at all times, and under all circumstances.

OPIUM, (*papaver-somniferum*), the classic name of the white poppy, from which opium is extracted. When lecturing, I have often been asked, if “ I would discard opium from my list of medicines, seeing that it is the product of an herb ? ” My answer has always been given in the affirmative, for it is a powerful narcotic POISON. Hooper, in his standard work, says, “ Opium is the chief narcotic now employed, it acts directly on the nervous power, diminishing the sensibility, irritability, and mobility of the system.” Again, “ opium, when taken into the stomach, in inordinate doses, proves a narcotic poison, producing vertigo, tremors, convulsions, delirium, stupor, and fatal apoplexy.”—Medical Dictionary, page 986. In my lectures, I illustrate this portion of pathology, by exhibiting a diagram, representing the appearance of the human stomach, after having partaken of opium. On a *post mortem* examination, in cases of poison by opium, “ the stomach exhibits some livid and dense spots ; in some instances, gorged with blood.” Opium has made frightful ravages in the East ; so fatal had its use become in China, that the Emperor interdicted its sale or use, on pain of death. What a worthy trait in the character of the “ Barbarian,” as he is termed, whose laudable efforts to protect his subjects from the ravages of this poison, deserve the lasting gratitude of mankind.



It would have been well for this country, had our governors followed so worthy an example.

Notwithstanding the danger accompanying the use of this narcotic, it is administered in some form or other in almost every stage of disease. In the manufacturing districts, where young mothers labouring in factories are obliged to leave their children to the care of strangers, it frequently occurs that the children are found dead in the cradle, having been poisoned by the quantity of opium administered, in the shape of a cordial, by some ignorant old woman, in order to induce sleep, and prevent the child from crying. Hear this, ye thoughtless mothers! who cram your little infants with *Godfrey's Cordial*, and similar anodyne preparations. If you love your innocent pledges of affection, if you wish them to live to reward and recompense you, for your love to them, never blight those early blossoms of future promise, by using compounds to induce them to sleep, a practice which too frequently terminates in the sleep of death.

Some faint idea may be formed of the extent of this evil, when we look at the quantity of opium that is dispensed to the public, in the shape of cordial preparations. A druggist in Hull told me, that he sold more than two gallons of *Godfrey's Cordial* in a month: yet he was only in a small way as compared with others. I could point out many instances, where children have been found dead, some in the cradle, and others in bed by the side of the mother, in consequence of having been made to swallow more than an ordinary dose, of what is erroneously called infant's PRESERVATIVE.

## CHAPTER VI.

REMEDIAL AGENTS OF THE SCHOOLS,  
CONTINUED.

From what has been previously said on the nature of the medicinal compounds, used by the faculty, it must be clear to all, that the daily use of such agents, given too as they are for remedial purposes, must be pregnant with evil, dangerous to the family of man. Hooper, in his Medical Dictionary, page 1048, speaks of poison in the following terms :—" Poison, *Venenum Toxicum*, that which when applied externally, or taken into the human body, uniformly effects such a derangement in the animal economy, as to produce disease; may be defined a poison."

The manner in which poisons enter the system, and act upon the textures or organs peculiarly liable to their influence, has been matter of much discussion. It is evident, that every poison must act in one of two ways, either by being absorbed into the blood, and conveyed by circulation to the parts which they especially affect, or by an impression made on the nerves of the part to which they are applied, and communicated to distant parts, by sympathy. The discoveries of Mr. Magendie, on venous absorption, have induced many to believe, that all poisons act through the blood; but the extraordinary rapidity of the action of several poisons, as prussic acid, and the poison of serpents, militate against the supposition, as far as this class of poisons are concerned; such as are of slower operation, are unquestionably absorbed into the circulation. On the whole, it seems probable, that some poisons act

wholly upon the nervous system, and that others act chiefly, if not entirely, through the circulation of the blood.

It is further necessary to remark, that of the truly practical part of physic, little indeed can be taught by the most eminent writer; he may surprise you with his learning, or entertain you with his wit; but from these sources, you will not get that which can alone be useful, EXPERIENCE. This can only be attained by patient and persevering attention in the sick room, by carefully watching with a practised eye, the influence of disease on particular constitutions, by noting down the effects of remedies, and by comparing your own opinion derived from these sources, with the matured opinions of other men.

Even physicians are frequently confounded and astonished, at the effect produced by their own medicines. I have seen a prescription, in which blue pill of mercury was ordered, with nitric acid, and the patient died from the formation of nitrate of mercury in his stomach. Sugar-of-lead, and sulphuric acid, when administered separately are poisonous, and their use at all times dangerous; but when administered together, an inert compound is formed.

To all who aspire to a knowledge of medicine, I would recommend the study of botany, not to be followed as a source of amusement, nor yet practised according to the systems of the schools, but to be followed with all diligence, stripped of its cumberous load of technical investments, and exhibited in that pleasing garb of simplicity, which nature ever presents to our view; a knowledge of which, will enable us to undertake the cure of the most obstinate diseases, by the timely application of remedies, with which the vegetable kingdom so abundantly abounds. Every day's

experience will thus be found to visibly augment our store of knowledge; nor have I alluded to any thing which diligence and perseverance may not attain. To understand these plain truths, it is not requisite that the medical student should devote his days to the study of innumerable languages, nor is it requisite that he should be deeply skilled in logical, metaphysical, political, and mathematical studies, and abstruse sciences; nor would I advise the perusal of voluminous works, which are but a collection of opinions, calculated to mislead the mind, and turn its judgment astray, operating most injuriously, by turning us aside from the due consideration of more important things, making us at times believe, that we are wiser than we really are, when our mental perceptions of the truth are as dark as the obscurity that accompanies error, leading us onward in the mazes of uncertainty, till the illusion is dispelled, by the startling conviction, that our labours have been based on an unsubstantial foundation, and that our ill-directed efforts have resulted in no gain.

IODINE, now much used by the faculty, is thus described by Hooper, in his Medical Dictionary, page 798:—"Iodine, a simple body, accidentally discovered by D. Courtois, a manufacturer of saltpetre, at Paris; it exerts a very powerful action in the animal economy, and if given in too large a quantity, it will produce death."

Notwithstanding its dangerous effects on the human system, it is considered by the faculty, one of the most efficacious remedies for the purification of the blood, or cure of scrofula, and similar complaints: it is said to operate powerfully upon the glands, by enlarging them. Sir Astley Cooper, in one of his lectures, delivered in Guy's Hospital, says, "It is a dangerous medicine, and an over dose, which would produce death on one

patient, might not do so in another." In consequence of which, he gave it as his opinion, "that it would be well to discontinue its use as an internal medicine, since its application externally would be safer, and not accompanied by such dangerous consequences."

Poisons are arranged into four classes, namely, irritant, narcotic, narcotic acrid, and septic, or putrescent. The following are selected from Hooper's Medical Dictionary, page 1049 :—

#### IRRITANT POISONS.

1st. The three mineral acids.

Phosphorus,	The compounds of tin,
Sulphur,	silver, gold, bismuth,
Chlorine,	chrome, and zinc.
Iodine,	The compounds of lead,
Oxalic acid,	CASTOR OIL seeds, gam-
The fixed alkalies,	boge,
Nitre,	CROTON, jalap, cantha-
Alkaline, and earthy, chlo-	rides,
rides,	Diseased and decayed ani-
Ammonia, and its salts,	mal matter,
Alkaline sulphurets,	Venomous serpents, and
The compounds of arsenic,	insects, and a many
The compounds of mercury,	others belonging to this
The compounds of copper,	class.
The compounds of anti-	
mony,	

#### NARCOTIC POISONS.

2nd. These are such as produce symptoms of disorder of the nervous system. To this class belong—

Opium,	Muriatic acid gas,
Hyosciamus,	Sulphuretted hydrogen,
Lactuca,	Ammoniacal gas,
Solanum,	Carburetted hydrogen,



Hydrocyanic acid	Carbonic acid,
Carbonic acid,	Carbonic oxide,
Nitric Oxide Gas,	Nitrous oxide,
Chlorine Gas,	Cyanogen.

## NARCOTIC ACRID POISONS.

3rd. These possess a double action, being both local irritants, like those of the first class, and producing a remote effect on the nervous system, like those of the second. To this class belong—

Nightshade,	Nux vomica,
Thorn-apple,	Camphor,
Tobacco,	Coculus indicus,
Hemlock,	Upas antier,
Water hemlock,	Poisonous fungi,
Hemlock dropwort,	Darnel grass,
Fool's parsley,	Seeds of the common La-
Monk's hood,	burnum,
Black hellebore,	Alcohol,
Ipecacuan,	Ether,
Squill,	Secale cornutum,
White hellebore;	Seeds of the bitter vetch,
Meadow saffron,	and many others of the
Fox glove,	same class.

Hooper remarks in his Medical Dictionary, p. 1051, "that the failure of attempts to discover poisonous substances in the alimentary canal after death, is by no means a sufficient proof that death has not been occasioned by poison; for it has been clearly established, by experiments made on animals, that a poison may be completely evacuated, that no traces of it shall be found, and yet that death may ensue from the morbid changes which it has occasioned in the alimentary canal, or in the general system."

Enough has been said to prove how dangerous is the use of most of the remedies employed under the sanction of the schools. Most of the articles already enumerated are daily made up by the apothecaries, in compliance with the prescription of the physician. Poisons are thus administered to the afflicted, for almost every form of disease. Ought we to be surprised at the increase of mortality when means like these are resorted to by the faculty? Mercury, opium, alcohol, and the use of the lancet, are of themselves sufficient to account for the speedy depopulation of a world.

The seeds of disease and death, are sown in the vitals of society, by the use of poisonous medicines. Nature thus assailed may withstand the shock for a season, but must finally sink overcome by the encroachments of disease; when, had sanitive remedies been employed in the first instance, no such consequences could have followed.

The following quotation is copied from the London Medical Repository, vol. ii. p. 521.

“If we esteem the professors of the healing art in Great Britain generally better informed, or more expert in the departments of medicine and surgery, than our brethren of the continent, yet it is notorious and must be acknowledged, that the latter pay infinitely more attention to pharmaceutical chemistry, and are greatly our superiors in the knowledge and practice of chemistry.

“Young men when they have served an apprenticeship, and passed the ordinary routine of compounding and dispensing, are too apt to imagine that they have acquired a competent knowledge of the art, whereas, too commonly, they are wholly ignorant of its elements. Hence, when they enter into the hospitals, even the most reflecting and assiduous conceive they fulfil

every duty by regularly attending the practice of the house, and the various lectures and dissections; but the laboratory, or shop, where they can see, examine, apply and reduce to practice what they are taught concerning the *materia medica*, chemistry and pharmacy in the lecture room, is neglected, if not entirely overlooked.

“This is a great defect in the education of all medical students, and leads to the prescribing of inert and inefficient remedies, even by those well skilled in anatomy, physiology, and in the knowledge and treatment of diseases.”

From the above extract it may be seen that one cause, to which we have so often adverted, why the faculty fail to cure the sick, with all the boasted learning of the schools, is simply that they have no real knowledge of the chemical nature of the compounds given by them in the shape of medicine. I have many times remarked in the course of this work, on the danger attendant on the use of mercury; the following incident came under my immediate observation: a lady, whose illness proceeded from indigestion, was attended by a diplomitized doctor, who prescribed for her a course of blue pills, which she took accordingly: after a few days he administered to her a small dose of nitric acid; in six hours from taking which she lay extended a lifeless corpse. On a *post mortem* examination of the body, it was proved, that death had been caused by the formation of nitrate of mercury in the stomach, through the admixture of such dangerous medicines. Notwithstanding which, the doctor's only punishment was being suspended by the faculty from the *benefits of the medical society for twelve months*.

Cases of the above nature are unhappily of such frequent occurrence, that they fail to awaken our

surprise, or excite our astonishment. Though human life is the sacrifice, our indignation loses its force, because of the respect that is generally paid to the judgment and ability of the medical profession; but as science spreads her enlivening influence over the national mind, even so will these things appear to the world in their true character; we shall then shudder as we contemplate the black catalogue of the past, and resolve to discountenance any system, or profession, that tolerates the use of poison in the shape of medicine.

Read attentively the following extract, taken from Brandes' Lectures, delivered in the Apothecaries' Hall, London, as reported in the London Medical Repository, vol. ii., p. 525, where he speaks as follows:—"I have seen a prescription in which *blue pill of mercury* was ordered with *nitric acid*, and the patient was brought to death's door from the formation of nitrate of mercury in his stomach. Sugar of lead, and sulphuric acid, when combined form an inert compound, and yet they are frequently administered in the above form." What an absurdity, to administer an *alkali* and an *acid*, in conjunction, thus producing a *neutral salt*, and effectually changing or destroying the nature and quality of the first ingredients.

ALCOHOL, an acrid narcotic poison, from the use of which may be ascribed much of the crime, immorality, and disease with which we are surrounded. As a poison, it induces disease by arresting the powers of digestion. It effectually destroys the finer tissues of the body, by rendering them callous and otherwise insensible; it lays the foundation of numerous diseases, and has been as destructive of life and happiness as all the consuming enemies of war. More than sixty thousand of its victims perish annually in this

country, by its being constantly used by the faculty as a medicine, and recommended as a beverage to their patients. The custom has so much increased, and the appetite for strong drinks gained such an ascendancy, that despite the efforts of the temperance advocates, though Father Mathew and others have accomplished much, by way of moral reclamation, as well in Ireland as this country, yet so long as doctors administer it as a medicine, the fearful effects of drunkenness must be felt and endured.

Dr. Cheyne, of Dublin, in his "Letter on Wine and Spirits," many years ago, justly observed, "that the benefits which have been supposed to flow from their liberal use in medicine, and especially in those diseases which were once universally, and are still vulgarly supposed to depend upon mere weakness, have invested these agents with attributes to which they have no claim; and hence, as we physicians no longer employ them as we were wont to do, we ought not to rest satisfied with a mere acknowledgement of error, but we ought also to make every retribution in our power for having so long upheld one of the most *fatal delusions*, which ever took possession of the human mind."

The celebrated Dr. Abernethy was once said to have been asked if he believed that alcoholic drinks were good for the animal economy, when he replied, "that they were bad and injurious in every instance, no matter for whatever purpose administered." His interrogator asked if he told his patients so? "O no, God forbid," remarked the Doctor, "were I to do that, I should lose one-third of my income."

Most of the doctors who recommend wine and porter to their patients, do so because the system having been reduced by illness, something in the form of a



stimulant may be necessary : but alcohol is not a *healthy stimulant*, it *irritates*, and finally *depresses* the system, by arresting digestion ; it in a great measure destroys the appetite, and debilitates where it was intended to build up.

From a knowledge of its poisonous effects upon the human system, when used as a beverage, or administered as a medicine, I have for many years entirely discarded it in every shape or form, and would most urgently recommend my readers to shun it as the direst enemy to the health and happiness of the human race.

Many, very many children are destroyed through the parent's inordinate appetite for strong drink : like the early flowers of spring, their tender frames are blighted, for the poison having taken possession of the frame of the mother, is through the breast transmitted to the tender babe, which pines and dies. To the use of this poison is society indebted for the far greatest part of the poverty and wretchedness that pervades our land ; and until this burning scourge be removed from the country, the health and morals of society can never be pure.

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## CHAPTER VII.

### REMEDIAL AGENTS OF NATURE.

In describing which, I shall confine myself exclusively to such as I have myself tried and used, in my daily practice, for the prevention or removal of disease ; nor do I intend to make out a long list for the mere sake of swelling the catalogue on the one hand, and

perplexing the judgment of my readers on the other, but shall content myself by giving a plain unvarnished description of such remedial agents as are to be met with in the vegetable kingdom; on the efficacy and virtue of which the public may with the fullest confidence rely.

I do not intend to deal in mystery, nor will I ascribe virtues to plants which they are seldom found to possess. Many writers have done this, mixing up the science of botany in such an incoherent manner with astrology, and lastly astronomy, that common sense has been altogether left out of the question,—so much have the marvellous and incredible prevailed over truth, and the science of botany as revealed in the laws of nature. In describing the various herbs, roots, and barks, into the particular, as well as general, qualities of which I mean to descend, I shall endeavour above all things to make myself easily understood; and the only favour I intend to ask at the hands of my readers is, that they will read every page of this book attentively before they venture to condemn either the writer or the theory which it contains: above all, discard from the mind all prejudice, and proceed to the investigation of its merits in such a spirit as reason and philosophy, loves to assume.

#### REMEDIAL AGENTS OF NATURE, OR THOSE ACTING IN ACCORDANCE WITH THE LAWS OF THE ANIMAL ECONOMY.

In the chapter on “The Nature of Disease,” my readers will remember that I showed how disease originated in a loss of the animal heat, or, a loss of the equilibrium of it; and have repeatedly asked the question, or assumed the position, that that which produces disease, can never contribute to its cure; and

if heat, or a proper distribution of it through the system, be essential to a healthy action throughout the animal economy, the absence of it must induce disease. The question that next presents itself is, how to restore a sufficiency of heat to the system, when impaired by sickness or diminished by disease? If the fire in your room is well nigh extinguished, or so much so as to require immediate restoration, in such a case our first attention would be given to the selection of such materials as are best calculated to re-kindle the fire in the shortest possible time: we should not expect to restore heat by putting snow or ice on the decaying embers, such a course would be at variance with the laws of nature; yet, incredible as it may appear, this is nevertheless the practice of the schools in administering to the afflicted for the removal of disease.

I have stated in a previous chapter, that all diseases originate in one common cause, namely, the absence of that equilibrium of heat which should circulate through the entire of the system; to restore this heat when lost, and restore the stomach and its functions to a lively and healthy action, should first engage our attention, to which I have made frequent allusion in the chapter wherein I animadverted on the nature of disease. I will therefore proceed at once to name the remedies; and as I wish to be understood, I shall divide or class them under a few general heads, namely, *stimulant, or hot medicines; astringent, or rough medicines; tonic, or bitter medicines, &c. &c.* Previous to entering upon a description of their several qualities, I would here remark, that *Medical Botany* has no affinity or connection with *Scientific Botany* as taught in the schools; the former having experience for its basis, whereas the latter has been taught in the schools, more as a means of affording a pleasing

amusement, than for any solid advantages, that it is said to possess. In this form Scientific Botany has been encouraged, but more for the purpose of adorning the domains of the wealthy, than for any other purpose. The patrons and professors of Scientific Botany, can probably give a name to almost every plant that grows: they may arrange and class the several species, but here their knowledge of their properties may be said to end; for the science of medicine having been so long involved in mystery, no inducement has been offered to the botanist strong enough to induce him to enter upon the investigation of the medical properties of plants: had this been done, the medical faculty would have been considered as useless, and every cottage would have boasted of its own physician, in the person of the father or mother, whose knowledge of plants, and their medicinal virtues, would have enabled them with confidence to have applied suitable remedies to every form of disease.

I would not have my readers infer from what I have said on this subject, that I am in any way opposed to the study of botany, as taught in the schools: no such thing could possibly possess my mind for a moment. I am favourable to the study of botany, even as an amusement, for I know that the public will, ere long, see the advantage to be gained by a more intimate acquaintance with the science in its practical form; but I do not believe in the necessity of learning the names of several thousands of plants in order to cure the sick and remove disease. Scientific Botany is by far too complicated to be practically useful; while the practice of Medical Botany, such as I mean to explain to you, is so easy to be understood, that every member of society may learn it, if they choose.

That which has been falsely termed science in medicine, is no more than a tissue of absurdities, interwoven with the obsolete and unintelligible jargon of the schools of antiquity, invented for no end save the final prostration of the human intellect at the shrine of monopoly, in order to dignify and confer wealth on a few individuals, and to support institutions which have thus grown upon us. The learned have combined together for the purpose of throwing dust into the eyes of the people, in support of which imposition, they have invented a language peculiar to themselves, and lest they should lack employment, they prescribe for every symptom, instead of applying an efficient remedy to the first or original cause of the disease. Hear what the great and good John Wesley says on this subject: the following extract is taken from *Wesley's Primitive Physic, or an Easy and Natural Method of Curing Disease*:—"Can nothing be found to lessen those inconveniences, which cannot be wholly removed, to soften the evils of life, and prevent in part, the sickness and pain to which we are continually exposed? Without question there may. One grand preventive of pain and sickness of various kinds, seems intimated by the grand author of nature, in the very sentence that entails death upon us. 'In the sweat of thy brow, shalt thou eat bread, till thou return to the ground.' The power of exercise, both to preserve and restore health, is greater than can be well conceived, especially in those who add temperance thereto, who if they do not confine themselves altogether to eat either bread or the herb of the field, (which God does not require them to do,) yet steadily observe, both that kind and measure of food, which experience shows to be most friendly to health and strength.



“ It is probable, physic, as well as religion, was in the first ages, chiefly traditional ; every father delivering down to his sons, what he had in like manner received, concerning the manner of healing both outward hurts, and the diseases incident to the climate, and the medicines which were of the greatest efficacy for the cure of each disorder. It is certain this is the method wherein the art of healing is preserved among the American Indians to this day. Their diseases indeed are exceedingly few : nor do they often occur by reason of their continual exercise, and till of late, universal temperance. But if they are sick, or bit by a serpent, or torn by a wild beast, the fathers immediately tell their children what remedies to apply, and it is rare that the patient suffers long ; those being quick, generally infallible.

“ Hence it was, perhaps, that the ancients, not only of Greece and Rome, but even of barbarous nations, usually assigned physic a divine original, and indeed it was a natural thought, that he who had taught it to the very beasts and birds, the Cretan stag, the Egyptian Ibis, could not be wanting to teach man. Yea, sometimes, even by those meaner creatures, for it was easy to infer, ‘ if this will heal that creature, whose flesh is nearly of the same texture as mine, then in a parallel case, it would heal me.’ The trial was made,—the cure was wrought,—and experience and physic grew up together.

“ And has not the author of nature taught us the use of many other medicines by what is vulgarly termed accident ? Thus one walking some years since in a grove of pines, at a time when many of the neighbouring towns were afflicted with a kind of new distemper, (little sores in the inside of the mouth), a drop of the natural gum fell from one of the trees, on the book

which he was reading ; this he took up, and thoughtlessly applied to one of the sore places. Finding the pain immediately cease, he applied it to another, which was also presently healed. The same remedy he afterwards imparted to others, and it did not fail to heal any that applied it, and doubtless numberless remedies have been thus casually discovered in every age and nation.

“ Thus far, physic was wholly founded on experiment. The European, as well as the American, said to his neighbour, are you sick ? drink the juice of this herb, and your sickness will be at an end. Are you in a burning heat ? leap into that river, and then sweat till you are well. Has the snake bitten you ? chew and apply that root, and the poison will not hurt you. Thus, ancient men having a little experience, joined with common sense, and COMMON HUMANITY, cured both themselves and neighbours of most of the distempers, to which every nation was subject. But in process of time, men of a philosophic turn, were not satisfied with this ; they began to inquire, how they might account for these things ; how such medicines wrought such effects. They examined the human body, and all its parts, the nature of the flesh, veins, arteries, nerves, the structure of the brain, heart, lungs, stomach, bowels, with the springs of the several kinds of animal functions. They explored the several kinds of animal and mineral, as well as vegetable substances ; and hence the whole order of physic, which had obtained to that time, became gradually inverted. Men of learning began to set experience aside ; to build physic upon hypothesis ; to form theories of diseases, and their cure, and to substitute these in the place of experiments.

“ As theories increased, simple medicines were more and more disregarded and disused, till in a course of

years, the greater part of them were forgotten, at least in politer nations. In the room of these, abundance of new ones were introduced by reasoning speculative men, and those more and more difficult to be applied, as being more remote from common observation. Hence rules for the application of these, and medical books, were immensely multiplied, till at length physic became an abstruse science, quite out of the reach of ordinary men.

“Physicians now began to be in admiration, as persons who were something more than human, and profit attended their employ, as well as honour; so that they had now two weighty reasons for keeping the bulk of mankind at a distance, that they might not pry into the mysteries of the profession. To this end they increased their difficulties by design, which began in a manner by accident. They filled their writings with abundance of technical terms, utterly unintelligible to plain men. They affected to deliver their rules and to reason upon them, in an abstruse and philosophical manner; they represented the critical knowledge of astronomy, natural philosophy, and what not; some of them insisting upon that of astronomy and astrology too, as necessary, previous to the understanding the art of healing. *Those who understood only how to restore the sick to health, they branded with the name of empirics.* They introduced into practice abundance of exotics, neither the nature nor the names of which our own countrymen understood. They moreover introduced abundance of compound medicines, consisting of so many ingredients, that it was scarcely possible for common people to know what it was that wrought the cure. They introduced chemicals in abundance, which our countrymen had neither the skill or fortune to procure, yea, and of dangerous

ones, such as they could not use without hazarding life, but by the advice of a physician : and thus were both their honour and gain secured, a vast majority of mankind being utterly cut off from helping either themselves, or their neighbours, or once daring to attempt it.

“ Yet there have not been wanting from time to time some lovers of mankind, who have endeavoured (even contrary to their own interest) to reduce physic to its ancient standard ; who have laboured to explode it out of all the hypothesis, and fine-spun theories, and to make it a plain intelligible thing, as it was in the beginning, having no more mystery in it than this, — ‘ such a medicine removes such a pain.’ These have demonstratively shewn, that neither the knowledge of *astrology, astronomy, natural philosophy, nor even anatomy itself, is absolutely necessary to the quick and effectual cure of most diseases, incident to the human body ; nor yet any chemical, or exotic, or compound medicine, but a simple plant or root, duly applied.* So that every man of common sense, unless in some rare case, may prescribe either to himself or his neighbour, and may be very secure from doing harm, even where he can do no good.”

### PURE STIMULANTS.

CAPSICUM BACCATUM, OR BIRD PEPPER ANNUM,  
OR CAYENNE PEPPER.

Of this plant there are many kinds. It is indigenous to the warmer climates, to wit, Asia, Africa, and America, and is cultivated in many parts of the world : the kinds bearing the larger berries, flourish more in the northern regions, and are much used for domestic purposes, such as pickling, when in the green

state. Much has been said and written upon the properties of cayenne pepper, but even the learned of the medical profession have failed in investigating its qualities, or they have purposely withheld a knowledge of its real properties from the world. Almost all the stimulants of the schools are narcotic, in a greater or less degree : hence it has been erroneously inferred, that all stimulants must necessarily be so ; but this hypothesis is being fast exploded. From the platform I have so often described its properties, that the public have now for a long time been testing its virtues by experience. Practice has proved it to be a PURE STIMULANT, one that may be safely administered, and efficaciously applied under every disease, whenever anything in the form of a stimulant is required by the system. In fact, no other medicine can as successfully restore, and retain the vital heat of the body. It also excites and promotes profuse perspiration, and in all cases acts in perfect harmony with the animal economy. It imparts a pungent heat to the throat and mouth, but this may be considered as indicative of its good qualities, for it is thus made to act powerfully on the salivary glands, without injuring them, and preserves a good tone to the digestive organs. The warmth that it imparts to the stomach, causes an equal distribution of the fluids, without which, health cannot possibly be retained in the animal economy. As a pure stimulant, it is the best that nature has provided for our use. When taken into the stomach, it retains its heat longer than any other stimulant : at times, it imparts a powerful sense of heat to the bowels, occasioned by the sudden expansion of the parts, which had previously been cramped, and contracted with pain. The active stimulus of the pepper, thus operating upon the parts affected, produces a speedy reaction in the system, removing the



obstructions by natural evacuations and profuse perspiration. Nature has furnished us with this valuable stimulant, but much of its virtue is impaired, by the adulterations to which it is subjected, by those who deal in the article. I have discovered many poisonous substances in the pepper, sold at the shops, such as "RED OXIDE OF LEAD," oxide of iron, &c., with "coloured oatmeal," and many other things. I need not say how much the cure depends upon the purity of the article. In order that the public may obtain it free from all adulteration, I purchase it in the pod, and grind it when required for use. This practice has enabled me to effect many cures with a much less quantity of pepper, than I else should have required. I shall hereafter give suitable directions as to the quantity to be taken at a dose, and how to be prepared and administered, either separately, or when in conjunction with other medicines, when I describe more particularly, the nature of disease, in detail.

Hooper, in his Medical Dictionary, page 327, thus describes the qualities of the *Capsicum*, or cayenne pepper:—"Taken as a condiment, it prevents flatulence from vegetable food, and increases the digestive power of weak stomachs. In the practice of medicine, it is a POWERFUL and USEFUL stimulant, and is very advantageously given in chronic gout, paralysis, fevers, and other cases, in the COMA, and delirium, attendant on tropical fevers; CATAPLASMS OR CAPSICUM are said to have a speedy and happy effect. A weak infusion of *capsicum* has been found a useful application to scrofulous, and other languid ulcerations, and the diluted juice is esteemed of great efficacy in chronic ophthalmia. A gargle of it is commonly used to cure malignant sore throats. *Capsicum* may be given in the form of pills, or it may be administered in any proper vehicle, in any other way."

## ZINGIBER OFFICINALE, OR COMMON GINGER.

A well known root ; its properties are stimulant, but not so strong as cayenne pepper. It is indigenous to Hindostan, and is cultivated in most parts of the East, also of late, in the West Indies, having been introduced there from the East. The best is called Jamaica ginger ; I have seen it growing abundantly during my residence in the south of America, and used it much as a remedy, in the removal of disease. The young and tender root is generally used as a preserve, when deprived of its outer-covering, or bark, and boiled in sugar. As a MEDICINE, it is a pleasant stimulant, and may be given to expel pain from the stomach and bowels, and it also corrects a derangement of the digestive organs. When chewed it produces a flow of saliva, and is excellent for a paralysis of the tongue, or any of the minute organs connected with the throat. I have found it very useful by chewing a little of it before leaving the platform, after having over-exerted myself, by lecturing to a large audience, in a heated room. In pulmonary complaints, or disease of the lungs, this medicine may be used with very great effect ; it has long been known as a remedy to ease pain in the stomach, and remove symptoms of flatulency, or indigestion from the stomach and intestines. To such as are subject to bleeding at the lungs, this root may be specially recommended ; by chewing a piece of it, keeping it constantly in the mouth and swallowing the saliva from time to time, much relief will be obtained ; the throat and stomach will likewise be excited, and protected from cold.

Every person who has experienced an affection of the lungs, is alive to the danger that is attendant upon

exposure, in this variable, and at times, chilling temperature. Those who have been restored after a protracted illness, are aware of the difficulty of keeping the system in that genial state of rarified temperature, so essential to a full restoration to perfect health. Many thus situated, when blest with the means, have recourse to a warmer climate, where the constant rays of a genial sun, serve to create such a natural temperature, as we are oft-times compelled to produce for ourselves artificially. During my residence in the southern latitudes, I have met with many persons, who, whilst living in the northerly regions, have been considered incurable by the faculty, but who have been restored to perfect health, by partaking largely of this inestimable root, and the substitution of a milder air.

Ginger may be used as a substitute for cayenne pepper, when the latter cannot be conveniently obtained; being a milder stimulant than pepper, it may be given to children with great advantage.

#### PIPER NIGRUM, OR BLACK PEPPER,

Is a native of Cochin, China; it is an active stimulant, capable of producing great internal, or even external excitement; it creates perspiration, and excites to the surface, acting favourably upon the torpid stomach; it likewise removes flatulency. In America, it is much used for the cure of fever and ague; it may also be used in lieu of other stimulants, when they are not immediately at hand.

#### EUGENIA CARYOPHYLLATA, OR CLOVE TREE.

The clove tree is a native of the East Indies, and Molucca Islands; the clove, which is the outer or lower part of the flower, has a strong agreeable smell, and a bitterish hot taste.

Cloves are the most powerful of all the aromatics ; they are an excellent corrector of the stomach, from their not only possessing stimulant properties, but being very agreeable also. They are useful in female complaints, which will be described in their proper place. They are used to great advantage in fever and ague. The essential oil will relieve the tooth ache, if a little cotton or lint be wet with it, and applied to the tooth.

MYRISTICA MOSCHATA, OR NUTMEG TREE.

This tree also is a native of the East Indies ; it is slightly stimulant, and stomachic ; is good in all cases of bowel complaint, or dysentery, either the nutmeg, or the mace, (which is the inner bark of the nutmeg). When boiled in milk, it is useful for patients of weak digestion.

MYRTUS PIMENTA, OR ALLSPICE TREE.

This is a warm spice, which may be used in conjunction with the bitter medicines ; it will be found agreeable to the taste, and will also produce an agreeable warmth in the stomach. It is an excellent medicine for children, when teething, since it acts as a corrector of the stomach and bowels. It is good when boiled in milk ; it may be taken to promote labour pains, &c., on which I shall treat more at length, in the chapter on *midwifery*.

LAURUS CINNAMOMUM, OR CINNAMON.

The bark of this tree is one of the most grateful of the aromatics ; it is slightly pungent, and is possessed of considerable restorative power ; it may be used in the diet of the sick : it relieves vomiting and sickness of the

stomach, and is good for looseness of the bowels, either alone or mixed with other articles.

All the articles that I have described as above, are of foreign growth. I shall now give my readers a description of those plants which grow in our own country.

#### MENTHA VIRIDIS, OR SPEARMINT.

This is a perennial plant ; it grows in low or damp situations, and is often found by the side of rivulets. It is a valuable herb, and has been used as a medicine with great success, almost time out of mind ; it is of a warm nature, and may be freely used in all cases where sweating or perspiration is required. A tea of this herb is good to allay sickness in the stomach ; it is likewise good in cases of violent vomiting.

#### MENTHA PIPERITA, OR PEPPERMINT.

It is very odorous and of a warming nature ; it is good to assist in raising the internal heat, and inducing perspiration, although its force or strength is soon exhausted. In slight colds or early indications of disease, a free use of the tea made of this herb, with the application of a hot brick applied to the feet when in bed, will in most cases effect a cure : as a medicine it cannot be too highly recommended for removing all diseases peculiar to children, being agreeable to the taste. Children are induced to take it without reluctance. It is so well known that it requires no further description from me.

#### MENTHA PULEGIUM, OR PENNY-ROYAL.

This is a valuable herb ; its diaphoretic or sweating properties are well known to the mothers of this country. In making use of the vapour bath, I generally



accompany it with a tea made of this herb; in fever cases especially, those to which children are subject, the use of this herb is invaluable. It is also good for the removal of difficulties in women, such as obstructions of the menses, &c.

It may here be remarked, that in making up a decoction of this, or any other aromatic herb, the vessel in which they are steeped, should always be covered close, for as the essential oil is rendered volatile by heat, that which is most essential in the cure, will escape; this must be guarded against, and as far as possible prevented.

Persons who are careless in this particular, have at times said, "Well Doctor, we have tried your system, and your medicine has done no good: we have tried your pepper and penny-royal, but without effect. In such cases I have generally discovered, that instead of having used *pure pepper*, they have administered, or used, an *adulterated article*, sufficient of itself to account for the failure. In addition to which, the herbs may not be of the last year's growth; or if even so, in preparing the tea, if the vessel be not covered close, the essence flies off, instead of being given to the patient. The fact of the pepper being bad, and of the herbs having lost their virtue through age, or of being improperly prepared, is never taken into account, the failure, in most cases, being attributed to other things. In its proper place, I shall give suitable directions as to the collecting of herbs, and how to preserve them in a condition fit for use.

#### SATUREIA HORTENSIS, OR SUMMER SAVORY.

This herb is much used in America, for culinary purposes; it resembles the common-thyme, and is used in the same way. It is excellent for colds, and as a

stimulant, is very congenial to the stomach, but will not retain the heat very long. The oil of this herb is the best remedy for the tooth ache that can be applied, unless it be the oil of thyme; both are really good for children, when afflicted with chin-cough, or whooping-cough. The use of the above, with other gentle stimulants, will induce, and keep up a perspiration, that seldom fails to remove the disease, if properly attended to.

#### COCHLERIA ARMORACIA, OR HORSE RADISH.

A root well known in this country; it is very hot, but at the same time very volatile, so much so, as not to retain the heat long in the system. It is good to promote digestion; when grated fine, and mixed with vinegar, it proves an excellent condiment to be used upon our meat.

#### SINAPIS NIGRA, OR MUSTARD.

This article is so well known, as to need no description; in this country, it is much used for culinary purposes, and is a strong and volatile stimulant. Much was said a few years ago, of the medicinal properties of the *SINAPIS ALBA*, or white mustard. It was said to be an effectual remedy for indigestion, and large quantities of it were swallowed in its natural state; even now it is said to contain very great medicinal properties. Hooper, in his Medical Dictionary, page 1189, says, "Mustard is considered capable of promoting appetite, assisting digestion; and by stimulating the fibres, it proves a grand remedy in paralytic affections; joined to its stimulant properties, it frequently, if taken in considerable quantity, opens the body, and increases the urinary discharge, hence it has been found useful in dropsical complaints." Externally applied, it may be useful, but great care should be

taken, not to keep the mustard plaster on too long, or until it blisters the skin; in bathing the feet at night in hot water, mustard may be added to the water with good effect.

#### SOLIDAGO ODORA, OR GOLDEN ROD.

Sweet scented golden rod. This herb may be used for the headache, as also to produce perspiration; it possesses stimulating properties, and may be given in the form of tea, in lieu of any of the mints; its taste is sweet and spicy, and on the whole, agreeable.

#### ACHILLEA MILLEFOLIUM, OR YARROW.

To such of my readers as have heard my lectures, a description of this plant will scarcely be necessary; at this time thousands are using it, who can testify to its beneficial effects upon the human system. There is not a common plant in this country, that can be applied more beneficially in the early stages of disease. It is found in abundance in old fields, and by the way side, and along the hedge rows; it is perennial, growing continually from the same root; the stem rises from twelve to eighteen inches, bearing at the top a large expanded white flower; towards autumn the flower sometimes assumes a purple hue. It is called by many of the country people *nose bleed*, *millfoil*, and *thousand leaf*, as the classic name would imply, *i. e.* *millefolium*, or thousand leaf. Its leaves resemble those of the carrot; its virtues, as a medicine, cannot be better illustrated ~~than~~ by the following anecdote. "An itinerant speaker, of the Society of Friends, who professed some knowledge of medicine, was asked, 'what would cure a cold?' He answered, 'take a pint of yarrow tea made strong on going to bed, and put a hot brick to thy feet, wrapped

in a cloth, wet with vinegar, and thou wilt surely be well in the morning.'” This, to the enquirer, (who was my brother,) seemed very rational, for he knew from experience, that sweating was good for a cold ; not satisfied, he next asked the old gentleman, “ what he would reccommend for rheumatism ?” the answer was, “ take a pint of yarrow tea, made hot on going to bed, with a hot brick to thy feet as before, and thou wilt soon be well.” Being asked, what would expel worms from children, he answered as before, “ give them a strong tea of yarrow, and put a warm brick to the feet, and they will be cured speedily.” My brother fairly taxed the old gentleman’s patience, by asking him for remedies for all the diseases that he could call to mind, the answer invariably being, “ a strong tea of yarrow, with a hot brick wrapped in a cloth wet with vinegar applied to the feet, and health would soon be restored.” Chimerical as the old Friend’s advice may appear to many, I, in my practice, have since proved the correctness of most of his sayings, and I am of opinion, that if yarrow was the only medicine sold at the drug shops, there would not be one quarter of the disease, that there is at the present time, since all the forms of disease have their origin in what is termed cold, in the first instance, by which heat or the vital principle is injured or impaired ; the natural passages being stopped, and the system generally obstructed. It must be clear that any diaphoretic, or sweating medicine, that acts in accordance with, and not contrary to, the laws of life and motion, must be a good and potent medicine ; such in fact is yarrow. Besides possessing the power to equalize the circulation, by inducing a perspiration to the surface, it is mildly tonic, and acts with some power upon the kidneys, by promoting a free discharge of urine. A strong decoction may be applied externally to old sores, such

as scald head, chapped hands, or any form of scurvy. An ointment may be made, by taking the flowers and green leaves, with ground ivy, and red raspberry leaves, also green, taking out all the stems; equal parts of the above must be simmered with hogs' lard, (putting in lard enough to cover the herbs,) over a slow fire, so as not to make the lard too hot, (as that would burn the herbs,) for two or three hours, then strain it through a piece of cloth, and you have one of the best ointments for scurvy, or old sores. If you wish it still more active, (which is sometimes necessary in sores of long standing,) add to each pound of lard, two teaspoonsful of cayenne. In fever cases, yarrow tea may be drunk freely: it is also good for cholic, cramps, and pain in the bowels.

#### ANTHEMIS COTULA, OR MAY WEED.

Wild camomile or dog fennel. A common wild herb which grows in this country, and in all parts of Europe and America; like yarrow, it grows in the fields, and by the way side, or hedge rows; its medicinal virtues are very similar to camomile and yarrow: it is much used by the American Indians, particularly in the south western states; by them it is used as a stimulant, to remove the first effects of cold. It is mildly tonic, and like yarrow, acts upon the kidneys. We have used this herb in cases of labour, where the pains were lingering, with good effect; and for what is generally called worms in children. A strong tea of this herb, with a sufficient quantity of senna, or mountain flax, well sweetened, will move the bowels, and is an excellent remedy for many diseases.

#### ANTHEMIS NOBILIS, OR CAMOMILE.

Is strengthening to the stomach, and diuretic; a tea



made of this herb has long been known in this country, as useful to restore a tone to the stomach ; it removes female obstructions, promoting menstruation. I have long used it as an external remedy, it having a powerful effect on the external surface, or cuticle : it is good for bruises, spasms, callosities, shrunk sinews, enlarged joints, white swellings, corns, &c. Yet we would not neglect the all-important theory, that disease has to be expelled internally ; nor for an instant permit the idea, that rubbing or bathing with camomile tea, will of itself, remove internal disease, as has been frequently asserted by unskilful men, whose stock of knowledge is limited to a few solitary ideas, and who are generally ignorant of the valuable information contained in the book of nature.

CHRYSANTHEMUM PARTHENIUM, OR FEVER FEW,  
OR FEATHER-FEW.

An herb cultivated in gardens ; it is stimulating, producing perspiration, and acts on the urinary organs. If half that is said of the properties of this herb by Culpepper, be true, it would seem that woman could scarcely require any other medicine, particularly before and after labour. That as a stimulant and diuretic, it exerts great control over the system, I entertain no doubt. But one of the great mistakes of ancient writers, particularly those who pretend to discover the properties of plants and herbs from astronomical and astrological calculations, is to ascribe to them more virtues than they really possess. Thus the mind has been trained in error, and many have failed of being cured by placing too much dependence on a particular herb, in consequence of its being said to be under the controlling influence of some particular planet. My readers will find that I act only on fixed principles ; my knowledge of disease

has been acquired through experience; I have never consulted the stars, nor am I at all indebted to the aid of astrology, for the knowledge which I possess of the remedies to be applied in each particular stage of disease. An American farmer was once asked "what time in the moon he sowed his peas?" He replied, "I never sow my peas in the moon, but in the earth, taking care to put the land in a condition fit to receive the seed, and I seldom fail of a good crop." It would be about as wise to ask, what planet a pig was born under, in order to know if it would be prudent to partake of its flesh.

I would above all things advise my readers to make themselves acquainted with the doctrine of cause and effect; every doubt will then be readily solved, and every difficulty easily overcome: the societies that I have already formed in many parts of the country will enable the public to obtain a knowledge of things as they really exist; and from the interchange of sentiment, and the varied communications, oral and otherwise, between the members of the various branches, will heap together a mass of evidence which will do much towards reclaiming the misdirected mind, and finally convince the enquirer after truth, of the justice of the poet's statement, who declared "that the proper study of mankind is man."

LOBELA INFLATA: IN AMERICA CALLED EMETIC WEED,  
WILD TOBACCO; INDIAN TOBACCO, ETC.

As this herb is very little known in this country, and as the faculty themselves use it with extreme caution, for by them it is considered to be a strong poison, I shall therefore be particular in its description, both as regards its appearance, and its medicinal properties.

The North American Indians have long been

acquainted with its properties ; but the public, and I may say the faculty, are indebted for its first introduction to general use to the great American naturalist, of the name of Samuel Thomson, whose theory of disease and its cure, under the name of the "*Thomsonian System*," has gained the approving confidence of vast numbers in the United States of America. Lobelia is a biennial herb, or, of two years' growth : in height it grows from twelve to eighteen inches ; it has a fibrous root, with a very hairy, solitary, erect, and angular stem ; it bears a small blue pointed blossom. This plant possesses one property unlike every other, as far as I am acquainted, for the same quantity of the herb produces the same effect, irrespective of its age, or the period of its growth : the young plant powdered and taken will have the same effect as the leaves at maturity.

At present, we, in this country, procure it from the society in America, called Shakers, through the druggists of London. I have obtained from America a quantity of the seed and herb, in order that it may be properly introduced to the notice of the public. I have used this article for many years, and have given it with success in almost every form of disease, from the tender infant to the aged, when bending under the weight of years. I can with confidence pronounce it to be one of the most powerful stimulants ever introduced into the human system. It acts specifically on the liver, stomach, and lungs, including the intestines ; for female complaints it stands without an equal. In three cases of labour, which were deemed hopeless, I have administered this herb with the most signal success ; although the doctors who had previously attended in all of these cases, had declared that the use of instruments was inevitable ; yet, by the aid of lobelia, I was

enabled to save not only the mothers, but the children, and that too with very little pain or difficulty. In extreme cases of fever, particularly typhus, lobelia is a most powerful agent, conjoined with other stimulants: I have used it in the worst stages of consumption; when united with cayenne, vervain, the vapour bath, and tonic medicines, it seldom fails to effect a cure. Mr. Westlake, whose case was alluded to by himself in 1844, in the pamphlet entitled "the Triumph of Truth," took some sixty-two doses of the powdered leaves of lobelia, each dose containing two drachms. In addition to which, he took in the whole six pounds of cayenne pepper, with two pints daily of a strong decoction of bitter herbs, all of which will be described in their proper places. His case, with several others, will be fully described in the chapter under the head of "Consumption," and in the Appendix.

Hooper, in his Medical Dictionary, page 851, thus speaks of lobelia: "This plant, which grows in the United States of America, is a narcotic poison, the operation of which is very similar to tobacco. It has been found very useful in some cases of asthma, and has been successfully employed in other diseases of the air passages." At page 203, Medical Dictionary, under the head Asthma, he thus writes: "Within the last few years a new asthmatic remedy has sprung up in "*LOBELIA INFLATA*," in some cases it has afforded almost immediate relief, but it fails much more frequently than it succeeds: it is in the form of a saturated tincture of the leaves in doses of from one half drachm to two drachms." Not only is Hooper at fault in the above description, but the faculty who believe in his orthodox infallibility, are equally mistaken respecting the virtues of lobelia. In the first place it is NOT A POISON, for poisons invariably debilitate and prostrate

the system, which is not the case with lobelia. I have not only administered it in large doses, but have frequently taken it myself, and after more than twenty years' successful use of it, have never found it to produce any debilitating, or other injurious effects on the system : and instead of administering "two drachms of the saturated tincture," as mentioned by Hooper, I have given the powdered herb in half ounce doses, one dose each day for twenty-eight days in succession : this I did in a desperate case of consumption, and the patient not only recovered, but he is now living to testify to the truth of what I have stated. Prepared according to Hooper's direction, it may have different effects, for its virtues are partially killed when made into a tincture, by its immersion in *alcohol*.

A lobelia tincture when made with alcohol, must, from the nature of the spirit, have an injurious effect on the glands and vessels of the throat, which in cases of asthma, will increase the difficulty of respiration ; but had the tincture been made of good vinegar, not only would the expectorant qualities of the lobelia have manifested themselves, but the acidulous quality of the vinegar would have assisted the same : for children when attacked with croup or stuffed chest, the tincture when made with vinegar is the very best medicine that can be applied, by giving it in connection with some of the strong stimulants before mentioned. In cases of asthma, I have cured many that were considered not only hopeless, but incurable by any other means.

Lobelia, as a medicine, possesses many excellent properties ; one of which is, *that it never operates upon those who are in perfect health*, it combats only with disease. When administering it, care should be taken to give enough, so as to cause it to operate ; more than this will do no harm. A teaspoonful of the powdered



leaves, or pods, or if the seed could be obtained, it would be still better, may be given every half hour in a cup of vervain tea, or penny-royal, and repeated until it operates as an emetic ;—never mind Hooper, but give enough. Cayenne tea, or some other stimulant, may then be freely given, so as to induce and keep up a strong perspiration ; or a vapour bath would be very useful, given as I generally administer them ; particulars of which will be given under its proper head. For children, the acid tincture of lobelia, is better than the powder ; to which, add a tea of penny-royal, instead of cayenne pepper. When the emetic has fairly done its work, the patient may take such food as the appetite most desires.

#### VERBENA HASTATA, OR VERVAIN.

There are numerous kinds of this herb. In the Encyclopædia, no less than twenty-one kinds are enumerated. The above named bears a blue blossom ; is perennial, or of continual growth : is much cultivated in gardens, but grows wild in many places ; it rises from eighteen to twenty inches in height, with many branches, its leaves resembling those of the nettle ; it flowers on the top. I have found it in all the countries in which I have travelled ; it grows abundantly in France and America, and is one of the most valuable herbs to be met with in this country. As an emetic, it ranks next to lobelia ; it is also one of the strongest sweating medicines in nature. It is good for colds, coughs, and pain in the head, and some years ago, was highly esteemed as a remedy for consumption. As an emetic, it supersedes the use of *antimony* or *ipecacuanha* ; to both of which it is superior, since it not only produces all the good effects ascribed to the others, but it operates without any of the dangerous consequences that ever

attend the use of antimonial preparations ; since cramps, and even death, has been known to follow their use. Vervain ranks high as an anti-scorbutic ; it will relieve and cure those complaints in children, which generally accompany teething ; it likewise destroys worms. Administered as a tea, it powerfully assists the pains of labour ; as a diuretic, it increases the urinal discharge. For an emetic, I generally give a teaspoonful every half hour, in a tea of penny-royal, or raspberry leaves, until it operates, taking great care to keep the patient warm in bed, with a hot brick or stone to the feet, and use freely of cayenne, or a strong tea made of *vervain*, taken as hot as convenient ; a cupful of which may be taken until the emetic has performed its part. A tea of this herb, is excellent in all cases of fever, either for children or adults. It is also good for the small pox, which I shall more particularly speak of, when treating on that disease.

To such as have gardens, I would advise them to get a root of *vervain*, and plant it, being a perennial plant, it will continue to flourish for many years.



## CHAPTER VIII.

## ASTRINGENTS.

This class of herbs I place next to the stimulants, for they are invaluable agents in overcoming disease, and restoring the sick to health. All that I speak of, as belonging to this, or any other class, are *sanitive*, and harmonise with the laws of nature, in all their operations. No other medicines are safe. The drugs sold in the shops, create of themselves more disease, than ever they have been known to cure. Compare the remedies of the schools, such as preparations of zinc and lead, with the remedies employed by me. By acting upon my advice, there will be no necessity for coroners' inquests, no premature deaths, no broken-down constitutions, no walking thermometers, filled with mercury, whose sensitive systems are raised or depressed, as the wind veers from east to north; no emblems of wretchedness are left by this system, nor do I offer unto others as a medicine, that which I would not willingly partake of myself. I have already written much on the nature and use of poisons, but I cannot omit the introduction of a striking case, which was published in Lloyd's Weekly London Newspaper, of December last, in which the unfortunate individual lost his life, by the carelessness of the druggist who had dispensed the poison. Mr. Wakley, the coroner of Middlesex, and well known as a surgeon of great reputation in London, on examining the bottles which were produced on the inquest, bearing the following labels, "*soda tart*," and "*acid tart*," said, "Plague on this *dog latin*, if the names of the drugs were written fully, and in plain

English, upon the bottles, instead of abbreviated latin, the people would know what they were purchasing, and would not expose themselves to be killed, through neglect or ignorance. If," continued Mr. Wakley, "a druggist opened a central place of business, and advertised that the names of his medicines were written fully, and in plain English, he would not only get great custom, but would compel all other druggists to do the same: and as a further caution against mistakes, all POISONS should be placed on HIGH SHELVES, so that there would be a difficulty in getting them when required." I have long admired Mr. Wakley, for his candour and straightforwardness; I believe him to be a good man, and as such, esteem anything in the shape of advice coming from him; but if (as he intimates) all the poisons in the drug shops were to be put on high shelves, I am of opinion, that the *lower* part of the establishment would generally be to let. However, I rejoice to know, that the spirit of enquiry is abroad, believing the public mind, will, ere long, spurn the impositions that have too long been palmed upon it; for myself, I hope to do one man's share, towards rending the dark veil asunder, that has too long blinded the credulous, and thus open wide the doors of the temple of truth, that the world may partake of its benefits, and live.

The following astringents will remove the canker or coating when formed upon the vessels or membranes, the inevitable consequence of a diseased state of the system.

#### RUBUS STRINGOSUS, RED RASPBERRY.

Called in some parts imberry, or ironberry, is a common plant, the roots of which are perennial, or of continuous growth, the bush biennial, or of two years'

growth; it grows wild, but its fruit being rich and wholesome, and excellent as a preserve, it is held in much estimation, and extensively cultivated in gardens. Its medicinal properties are invaluable, although it has never possessed a place in the *materia medica* of the schools: from experience I can speak of its wonderful properties, and with the fullest confidence can affirm that it stands unequalled as a medicine for removing scurf or canker from the tongue. It is of a mild nature, and when sweetened with white or lump sugar, it can be given to children with the greatest benefit. It is excellent for children when attacked with the bowel complaint, to which they are often subject in the warmer seasons. A strong tea made of the leaves, well sweetened as before, is almost a certain specific: to assist its operations, a little ginger root, or penny-royal, may be added. In cases of dysentery, or a continued looseness of the bowels, a constant use of this tea, instead of the ordinary tea or coffee, will rarely fail to cure, even in the most obstinate case. It is good for indigestion, when mixed with cayenne pepper, and the tonic medicines. The raspberry leaf when made into tea, acts with surprising effect upon the *uterus*, or womb. In all cases of obstruction of the menses, or monthly terms in young females, I would recommend the use of this tea when mixed with a small quantity of cayenne pepper. It is also excellent as a wash for sore or inflamed eyes, when mixed with a little pulverised gum myrrh. The same wash is also good for old sores of long standing. In labour cases, I have ever found raspberry leaves one of my best assistants; a strong tea, mixed with a little cayenne, will, if the pains are premature, remove them; if otherwise, it promotes and facilitates the progress of labour in the natural way: of this I shall treat more in detail when I come to the chapter on "Midwifery."



With reference to raspberry, I may add, that the patient never need be afraid of taking too much, for it is in all cases friendly to the animal economy. I have known families in America use it instead of Chinese tea; and I have no doubt but if the young leaves of this plant were gathered and sent away to China, or some other distant port, and returned from thence to England, bearing some strange and unfamiliar name, it would sell as well as any other tea, and prove much more wholesome in the end.

#### AGRIMONIA EUPATORIA, OR AGRIMONY.

This herb is so well known, that it needs no description: it is perennial, or grows continuously from the same root. It is found wild, in a natural state, and is much cultivated in gardens. It is a valuable herb, possessing astringent or binding properties, as well as diuretic; it is good for canker. Hooper says, "It is a useful astringent, and quotes Clomel to prove that in two cases it was successful in enlargement of the liver," over which it exercises great control. Culpepper is at fault in his description of this herb, as he oft-times is, for he ascribes to it such an abundance of good properties, that if half of what he says respecting it be true, the human family would scarce require any other medicine. In cases of dropsy, I have used agrimony conjointly with other remedies with good effect; as also in cases of jaundice. It may be freely given to children who are afflicted with the measles, scarlet fever, and chicken pox, &c.; or for looseness of the bowels, when it may be given with the raspberry leaves, and sweetened with white or lump sugar, as before. I have used agrimony tea for an enema, or injection for the bowels, with good effect. I shall give general directions as to its further use in the chapter treating of the various forms of disease.

GLECOMA HEDERACEA, GROUND IVY, OR GILL, OR GILL  
GO OVER THE GROUND.

This herb is well known, and much used in this country: it is astringent and diuretic, and slightly tonic. I have long used this herb, and always with satisfaction, although I do not think that it alone possesses so much control over the diseased system as many persons conceive; it nevertheless, when used in combination with other herbs, aids much in clearing the system of bad humours. It acts upon the kidneys, and in all scorbutic diseases, from its diuretic properties. I have found it very useful in cases of indigestion. In steeping, (like penny royal), it should be covered close, and can be best administered in the form of tea. Combined with camomile or green yarrow, it makes one of the best poultices for a tumour, gathering, or sore of any kind, that can be made.

STATICE LIMONIUM, MARSH ROSEMARY, OR SEA  
LAVENDER.

The root of this plant, which is perennial, is a strong astringent, and slightly tonic, it is useful in all bowel complaints, particularly the bloody flux, and English cholera. The root, when pulverised, and mixed with some other substance, such as slippery elm bark, (*ulmus fulva*), or linseed, is an excellent thing for sore and weak eyes, or sores of any kind.

NYMPHÆA ODORATO, OR WHITE POND LILY, BETTER  
KNOWN AS THE WATER LILY.

Its roots are long and uneven, from which proceed a small stem, which rises to the top or surface of the water, with a large round green leaf: the flower is large, and of the purest white, in form, somewhat

resembling the rose, and possesses an agreeable odour. It is one of the best astringents in this country, and removes the accumulated matter from the tongue and air vessels, which is so common in cases of fever. For many years I have used it as a medicine for the removal of diseases peculiar to children, with good effect. A syrup may also be made of the flowers, in the following manner:—take a handful of the flowers, and steep them over a slow fire for an hour or so, in a quart of water, strain and sweeten with loaf sugar; doses beginning with a table-spoonful, and varying according to the age of the child, is one of the best medicines that can be given to children when teething, or for looseness of the bowels; also for thrush, or sore mouth, which children are often subject to. A strong decoction of the roots may be used to cleanse and purify old sores, ulcers, &c., or even fresh wounds and bruises, combined with raspberry leaves. It is good for clysters or injections. A poultice of it may be made in the following manner: to a tea spoonful of the powdered root, add a quarter of a pint of boiling water; after which a table spoonful of ground linseed, then a tea spoonful of ginger root, after which thicken it with oatmeal. This may be applied to any sore, wound, or bruise; it will at once allay inflammation, and not only mitigate, but finally remove the severest pain.

#### RHUS CORIARIA, OR SUMACH TREE.

An astringent, the bark of which is much used in tanning Morocco leather. The bark, leaves, and berries, are good for medicine. This shrub or tree grows in America, from six to fourteen feet in height. I have seen it growing in gardens in England; it grows very common in France. It bears a green flower, which comes forth in July or August, and in autumn bears a

large bunch of red berries, covered with a silky down, and of an agreeable sour taste. I have used it with great success in cases of dysentery. The berries, from their sour taste, make a very good syrup for children. Hooper recommends it as good for allaying febrile heat, and to correct bilious putrescency, or a vitiated state of the bile. To make the syrup above alluded to, boil a quantity, say half a pound, of the berries, in one quart of water, strain and sweeten with loaf sugar; for a dose, give from half to a wine-glassful. A strong tea of the leaves and berries is also good for hemorrhage, or spitting of blood.

TORMENTILLA ERECTA OR TORMENTIL ROOT,  
ALSO CALLED SEPTFOIL.

A powerful astringent, which has often been used as a substitute for oak bark, for the purpose of tanning leather. The root, which is rough and uneven, and very large for the top it bears, is of a reddish brown colour, with a somewhat bitter taste. A tea made of this root is good for looseness, or those who have been labouring under a chronic diarrhoea, or a long standing bowel complaint; may use it with good effect, when the root is boiled with the inner bark of the sumach tree, well sweetened with sugar; the roots, when powdered fine are good to sprinkle on an old sore, or to stop bleeding.

GEUM RIVALE, ALSO IN AMERICA CALLED GEUM  
VIRGINIANUM, OR AVENS ROOT,

Is mildly astringent, and also tonic, much used in America, as well as in this country, as a beverage, instead of chocolate or coffee. In all putrid diseases, it is a highly valuable medicine; in typhus, or putrid fever, it may be used as a constant drink; and for bowel complaints in children, a tea, or more properly

speaking, a coffee, with milk and sugar, may be given freely.

#### GERANIUM MACULATUM, OR CRANES BILL.

There are several sorts of the geranium, the common dove's foot, being one; but the maculatum is the best for medicinal purposes. It is a good remedy in cases of cholera infantia, or child's cholera; also for hemorrhage, or bleeding of the lungs and bowels, and in all relaxed or debilitated states of the body. In low countries, where ague abounds, if constantly used, it will prevent bilious complaints, as well as a disordered state of the bowels. Hooper admits this root to be a good substitute for Peruvian bark. When simmered with honey, it is good for sore mouths in children.

#### QUERCUS RUBRA, OR OAK.

This is the common oak, the bark of which is much used in tanning leather; the inner bark of this tree is very astringent, and should be used only when a strong astringent is required, as in the dysentery, or long standing looseness of the bowels; it may be mixed with avens root, or cranes bill, or red raspberry leaves, to good advantage. Dr. Buchan is of opinion, "that if the properties of this bark were generally known, there would not be any necessity for the introduction of Peruvian bark into this country." I never use this medicine without cayenne, or ginger root, to assist its operations; and indeed, I would always recommend the free use of some stimulant, in conjunction with the astringent medicines.

#### CINCHONA, OR PERUVIAN BARK TREE, ALSO CALLED JESUIT'S BARK.

This well-known bark, the virtues of which are now



universally admitted, was, according to Geoffroy, (as stated in Hooper's Medical Dictionary, page 393) first learned from the following circumstances:—"Some of the trees being thrown by the wind into a pool of water, lay there till the water became so bitter, that every body refused to drink it. However, one of the neighbouring inhabitants being seized with a violent paroxysm of fever, and finding no other water to quench his thirst, was forced to drink of this, by which he was perfectly cured. He afterwards related the circumstance to others, and prevailed upon some of his friends who were ill of fevers, to make use of the same remedy, with whom it proved equally successful. The use of this excellent remedy, however, was very little known till about the year 1638, when a signal cure having been performed by it on the Spanish Viceroy's lady, the Countess Del. Cinchon, at Lima, it came into general use, and hence it was distinguished by the appellation of *cortex chinconia*, and *pulvis comitissac*, or the Countess's powder. On the recovery of the Countess, she distributed a large quantity of the bark to the Jesuits, in whose hands it acquired still greater reputation, and by them it was first introduced into Europe, and then called *cortex*, or *pulvis*, *Jesuiticus*, *pulvis patrum*, and also Cardinal de Lugo's powder, because that charitable prelate bought a large quantity of it at a great expense, for the use of the religious poor at Rome; hence it is clear that the faculty can lay not the remotest claim to the discovery of this valuable medicine. A combination of fortuitous circumstances brought into notice that which the wisdom of man, and the learning of past ages, had failed to discover. Doubtless the doctors would like to claim the honour of having first discovered the properties of this wonderful bark, but the discovery,

as has been shown, was purely accidental, nor was it in anywise brought about by the learning of the schools. This bark is an excellent tonic and astringent medicine, particularly useful in febrile disease, and like many other valuable remedies, is much used in intermittant fever. From this bark is made the sulphate of quinine of the shops, which is, at least in warm climates, one of the potent destroyers of the human race; and no medicine possessing the same amount of acrid power, has induced a greater amount of disease; while in the bark, (its natural form,) it is perfectly innocent and free from injurious effects; in fact, almost every herb which possesses sanitive properties, has had those properties so changed, as not only to destroy the original quality of the herb, but often renders them highly deleterious and dangerous as a medicine. Dr. Ray might truly exclaim, "that there are herbs to cure all diseases, though not everywhere known." For many years I have been in the habit of using Peruvian bark with good effect; it is also good when mixed with other articles; it allays bowel complaints, febrile, or fever symptoms, and assists in removing canker from the *mucus membrane*, and the whole of the alimentary canal.

SALVIA OFFICINALIS, OR COMMON GARDEN SAGE.

A perennial plant, well known in this country, and much used for culinary purposes. It is an astringent, and a stimulant. Sage is an excellent article to quiet nervous excitement, and mental derangement, and prevent putrefaction; it relieves bowel complaints in children, and dizziness in the head. For pain in the head, take half an ounce of sage, half an ounce of senna, and half an ounce of ginger, of which make a tea; this will give great relief as soon as it begins to operate. When simmered with honey, it is good as a

wash for sore mouths ; it is also good for sore breasts and nipples. I never use sage to promote perspiration, without great care, as it opens the pores very much ; persons using it should not expose themselves suddenly, after a free perspiration.

There are many others of this class of herbs that might be described, but as I am at present compelled to be brief, I shall describe such only as are necessary to effect a cure. I will, however, offer a few suggestions, from which my readers may ascertain the nature of such remedies as their case may require. All herbs that upon chewing, stimulate the salivary glands so as to cause a flow of saliva, with a rough sensation, leaving the mouth moist and sweet, are good for canker, and will remove it from the tongue or other organs, and this test will enable the public to ascertain the quality of herbs on all occasions.

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## CHAPTER IX.

### TONIC OR BITTER MEDICINES.

The third class of herbs necessary to the restoration of the sick, are *tonics*, or *bitter medicines* ; and this department of nature is wisely arranged, for nearly half the herbs that grow have a bitter taste. When the ravages of disease have been arrested by the use of the herbs before described, it is often the case that the patient is in a weak and enfeebled state, the digestive organs having been impaired through a long illness ; the organic arrangement cannot rally, until a healthy

supply of nutriment be manufactured in the stomach, through the agency of the digestive organs, and the healthy action of the liver; and as the gastric juice of the one, and the bile of the other, must be in a healthy condition to do their office in this great work, it is requisite that every professor and vender of medicine, should know how to administer such medicines as will assist the impaired organs, and endow them anew with vitality and health. Whoever undertakes to cure disease without understanding this department of it, must be considered in no other light than that of an *ignorant pretender*. In every country that I have visited, I have always met with a plentiful supply of bitter herbs, which nature in her munificence has provided as a grand restorative for the family of man.

#### BERBERIS VULGARIS, OR BARBERRY.

This tree grows wild in many places in this country, and is very common in the United States of America, as well as in France. It is perennial, and is cultivated in many parts, both for ornament and on account of its use, as well as for its fruit, which grows in loose clusters, of an oblong form, and a red colour, and has a pleasant sour, and rather astringent taste. The bark is one of the best bitters with which I am acquainted. I have from the platform frequently spoken of this most valuable medicine, and from what I have said in its favour from time to time, a large number of persons have been induced to try, and are now in the habit of using it constantly. The tree grows from four to ten feet high, and from its bearing thorns, it very much resembles the thorn bush, on which account it is sometimes used in this country for making hedges.

“The filaments of this shrub,” says Hooper, “possess a remarkable degree of irritability, for on

being touched near the base with any sharp-pointed instrument, a sudden contraction is produced, which may be repeated several times." The bitter principle contained in this bark approaches the nearest to a healthy bile of any substance that I know in nature. I once tried the following experiment: I took a quantity of bullock's gall, and saturated four ounces of spirits of wine with it. I also made a tincture of barberry bark, using the bark when green, and when the spirit was alike impregnated with each, I could find not even the smallest perceptible difference in taste; they were in fact alike in every particular, from which I drew this inference,—that this bark which so nearly resembles the healthy bile, must be an excellent corrector of a diseased or vitiated bile. I have acted upon this experimental lesson, thus derived from the book of nature, and have never found it to fail, for it is seldom that nature in her instructions deceives her followers.

Barberry may be taken alone, or compounded with other articles; and as a corrector of the secretions of the liver, it stands in the whole catalogue of remedies without a rival; although it sometimes acts as an emetic, or produces sickness, but this is more from coming in contact with the offending matter, than from its possessing the properties of an emetic; for when the stomach is diseased, the most nutritious food is frequently rejected; and as wholesome and proper food cannot be retained, we are not to feel surprised that this general corrector should at times be ejected from the stomach, when too weak to retain it. This bark is good for those who are troubled with indigestion or dyspepsia; the use of it mixed with cayenne pepper, generally removes it in a short time, after attacks of fever, particularly if the patient has been reduced by the



depletive system: barberry bark will be found much more efficacious than the wine and bark generally administered for the purpose.

It may be pulverised and compounded with ginger root and cayenne; and with some of the astringent medicines, when taken in a little hot water, it makes an excellent breakfast powder.

#### POPULUS, OR POPLAR TREE.

There are several kinds of this tree, the bark of all of them being good, and possessing great medicinal properties. I shall describe three of them, all of which are indigenous to this country.

#### POPULUS TREMULOIDES, OR TREMULA.

The white poplar tree is common in many parts of this country, and throughout Europe. The medicinal properties of the bark of this tree, are to correct the digestive organs. It also acts upon the kidneys as a diuretic, and is equally good in all cases of obstruction connected with those parts, such as stranguary, gravel, or stone in the bladder or kidneys; and while it has a specific action upon these, it imparts a healthy action to the liver, by correcting the bile, and creating an appetite. The free use of this bark will remove costive habits; and for old people in whom age creates a necessity for medicine, this will be found to be the best of remedies under such circumstances, for it will impart to the system what nature most requires, and at the same time restore the feeble and infirm to comparative strength.

#### POPULUS BALSAMIFERA, BLACK POPLAR, TAG POPLAR, OF STINKING POPLAR.

This is also a valuable tonic, it grows common

throughout all England. A tea of this bark may be freely used as a common drink in consumptive cases. In preparing it, care must be taken to remove the outer or external coat of the bark, using the inner only for tea, as well as for powdering: and to one pound of this bark, or the bark of the TREMULOIDs, add half a pound of ginger root, one ounce of oak bark, two ounces of cloves, one ounce of cayenne, all made fine and well mixed together, you will then have an excellent compound for colds, also for the first stages of disease, particularly bowel complaints of long standing: for a dose, take from half to a tea spoonful, in hot water, well sweetened. This compound may be given two or three days before resorting to the use of emetics, in doses as above, repeated two or three times in the course of the day.

POPULUS ANGULATA, OR BALM OF GILEAD TREE.

A medicine said to have been made from this tree, has gained great celebrity in this country, under the name of Dr. Solomon's Cordial Balm of Gilead, by which the proprietor amassed a princely fortune. I believe the balm to possess good medicinal properties, (at least some parts of it), the early buds in the spring time, just before they open, contain a gummy or resinous matter, which in its medicinal effects, very much resembles gum myrrh. The buds are excellent for weak or sore eyes; for which purpose they must be pulverised, then steeped for a few hours in blood warm water, and used as a wash, applying it four or five times a day. For a cough, it may be prepared in the following manner: take of the buds half a pound, add the same quantity of ginger root, beat them both well up in a mortar, then steep them for two or three hours in three pints of water, strain and add to it half a pound

of raspberry, or blackberry preserves, and one pound of sugar; a spoonful may be taken whenever the cough becomes troublesome.

QUASSIA AMARA, OR QUASSIA WOOD OF THE SHOPS.

This tree of which the wood is used, is a native of the West Indies, and one of the most remarkable circumstances in its history is, that its properties were discovered by a NEGRO SLAVE, whose name it has since borne. This negro possessed the power (through his knowledge of the virtues of this tree), of curing the most fatal fevers, with which his native country, (Surinam), abounded: for a valuable consideration he was at length induced to give up his secret to one Daniel Rolander, a Swede, who first brought specimens to Europe, in the year 1756. The above fact is recorded by Hooper, in his Medical Dictionary, page 1102, seventh edition. On what ground or pretext can any of the faculty, after reading the above acknowledgement, brand with the name of QUACK any person who professes to have discovered a remedy, wherewith to alleviate the sufferings of man, when they themselves are compelled to admit, that one of their most valuable remedies was first given to them by the hand of a negro slave, who had never learned to read or write; and yet the learned of that day were compelled to purchase his knowledge with a considerable quantity of gold; thus admitting the wisdom of this unsophisticated child of nature, to be immensely superior to their own, though he had never seen the interior of a college, or looked upon a temple dedicated to science. How true the remark of Dr. R., who in his advice to medical students, says, "when you go abroad to practice, always take with you a memorandum book, and whenever you hear an old woman say, such and such herbs are good, or

such a compound makes a good medicine, or ointment, put it down, for, gentlemen, you may need it.”—*See Dr. Rush’s Lectures to Medical Students.* In fact, as Wesley truly remarks, “many of the most valuable remedies have been discovered by accident.” Who then that looks upon the misery that festers in the vitals of society, can be indifferent as to its speedy removal? or who, possessed of common sense and natural feeling, would despise a remedy, come from what source it may? Surely none but those who delight to sow the seeds of ignorance, in order that they may fatten upon the credulity and ignorance of mankind. To return from this somewhat lengthy digression, quassia wood is a valuable medicine; it is a PURE BITTER. According to Hooper, of the SUI GENERIS, or of a new kind, it is a powerful corrector of the bile, and may be used alone, or in conjunction, or combined with other articles. For patients of a consumptive, or scrofulous habit, I have made a syrup in the following manner:—quassia wood, four ounces; sarsaparilla, two ounces; Spanish juice, one ounce; the whole to be well steeped or boiled in two quarts of water: when strained, add one pound of sugar, and a quarter of an ounce of cayenne; take from a table spoonful to half a wine glass full four times daily, and the result will often be, a speedy convalescence, and return to health.

CHIRONIA CENTAURIUM, CENTAURY, OR COMMON  
SANCTUARY.

This plant is so well known in this country, as to require no description. It is of annual growth, rising from ten to twenty inches in height; it has long been esteemed as a tonic, and general corrector of the bile; it is a pleasant bitter, and in every sense of the word,

an agreeable medicine. It exerts a powerful influence over the liver, hence it is good for the jaundice, and all diseases of the kidneys: for weak and debilitated patients, it is an invaluable tonic; for many years I have used it with good success, where the digestive organs have been seriously impaired. When combined with the remedies before mentioned, it is an excellent medicine; or it may be given alone, or with raspberry leaves; a strong tea is good in cases of scrofula, or for the removal of ulcers of long standing; it is highly recommended in all similar cases.

MENYANTHES TRIFOLIATA, OR BUCK BEAN, KNOWN  
AS WATER TREFOIL, OR BOG BEAN.

This is an annual herb; grows in low, wet, or marshy lands; while growing, it somewhat resembles the bean, hence it is sometimes called bog bean. It is of a deep green, bearing a lightish purple flower; the stalk is soft and pithy. It is one of the most valuable bitters in nature's vast collection. When chewed in the mouth it gives off a strong bitter taste, diffusing itself instantly over the glands. On account of its bitter qualities, it has been much used as a substitute for hops, in the manufacture of beer or ale. This herb, like the foregoing ones, is a good (I may almost say one of the very best) corrector of the bile. While the science of chemistry has been invoked in vain, in order to produce a substance to answer the desired end, nature has been treasuring up this valuable antidote, which seldom fails, when rightly applied, to produce the most happy results, by striking at once at the origin of the disease; this it will do more effectually than the SULPHATE OF QUININE, or the SOMNIFEROUS MORPHINE, (a deadly drug, made from opium) or any of the bitter compounds dispensed at the shops. This



simple herb may be administered in tea, or given as a powder ; it is highly recommended for feminine weakness, particularly at the time when menstruation should first begin. It is also good for dyspepsia, or indigestion. In a subsequent chapter, where I shall more correctly point out the nature of compounds, I shall particularly speak of its use.

MARRUBIUM VULGARE, OR COMMON HOREHOUND.

The root is perennial, the herb of annual growth ; it is so well known, that a further description would be unnecessary. As a tonic, it possesses great power ; it likewise stimulates by acting as an expectorant, having a tendency to loosen the phlegm. We should naturally suppose that an herb, which has been so long known to be a good medicine by most of the inhabitants of this country, for coughs, and all stages of indigestion, would never have given rise to a sentence like the following, which emanated from one of the professedly learned. See Hooper's Medical Dictionary, page 869, where it is stated, "that horehound possesses some share of medicinal power, may be inferred, from its sensible qualities ; but its virtues do not appear to be clearly ascertained." If the writer of the above paragraph was living, I would advise him to take a strong decoction of this valuable herb the first time he had the misfortune to take a cold, and if he would add to each dose, a teaspoonful of cayenne pepper, and a tablespoonful of good vinegar, on going to bed, I venture to assert, that he would never risk his credit as a philosopher, by writing such nonsense again.

A syrup made of horehound and ginger root, is excellent for children when attacked with the chin-cough, or for sudden colds ; or it may be pulverised and mixed with half its quantity of ginger ; a teaspoonful of

cayenne, and one of cloves ; this, when well sweetened, and taken hot going to bed, will be found one of the best medicines that can be obtained.

SYMPHYTUM OFFICINALE, OR COMFREY.

The root of this plant is perennial. It is a good tonic medicine, and acts friendly on the stomach ; it is also mucilaginous, and very useful in cases where from maltreatment, the mouth, throat, and stomach, have become sore ; it may be taken alone in the form of tea ; or when combined with other medicines it is good in cases of weakness, to which females are at times subject, as in cases of obstructed menstruation, or FLUOR ALBUS. The following manner of preparing a syrup will be found useful in such cases :—take a large handful of the roots well cleansed and bruised, add two ounces of ginger root, broken fine in a mortar, a handful of horehound, boil the whole well in two quarts of water, strain it, and then add two nutmegs grated, one tea spoonful of cayenne, and one pound of sugar ; a dose of a table spoonful three or four times a-day, will, if taken for a short time, afford great relief : it is equally good in cases of consumption.

AMYDALUS AMARA, OR BITTER ALMOND.

By some authors, this article is said to be poisonous ; and there is no doubt but the most deadly of all poisons, namely, prussic acid, is manufactured from the almond ; but this is no argument against its use in a primitive, or natural form, since ALCOHOL, a POISON, also fatal in its effects, and from its general use, even more destructive to human life, is made from wheat, by distillation ; but it does not necessarily follow, that wheat is of itself poisonous, or unfriendly to life ; in its natural form, it is good and wholesome, and a dangerous spirit is only

obtained when chemical decomposition has taken place. It is said that children have been known to die by eating too many almonds, and have not children died also from taking too much of almost any other substance? proving that it in some measure depends upon the quantity, and not the quality of the article taken. Hooper, in his Medical Dictionary, says, "That bitter almonds are poisonous to some brute animals," which may be true. I know, from long experience, that bitter almonds are a good tonic medicine when rightly administered, and any medicine, however sanative, may be improperly employed, and injudiciously administered to the afflicted. What would be the propriety of my giving a patient a strong cathartic, or purging medicine, when from the state of the bowels, he required an astringent?" My object in writing this volume is to give instruction to the afflicted, so that they may be enabled to apply such remedies as are best calculated to promote a cure. In accomplishing this, I have generally used about eight of the common sized bitter almonds, made fine, to one pint of the herbal decoction. This medicine I have used with good effect, in cases where the bowels have been much debilitated, particularly when in a relaxed state; for weak digestion, I have made a syrup in the following manner:—take half a pound of white poplar bark, one quarter of a pound of red raspberry leaves, one quarter of a pound of agrimony, to be boiled in eight quarts of water, strain, and add one pound of sugar, and one ounce of bitter almonds made fine: take half a wine-glassful, three or four times a-day.

AMYGDALUS PERSICA, OR THE COMMON PEACH TREE.

This tree bears a most delicious fruit; the kernel of the stone, or germ, is of the properties of the bitter

almond, and may be used in the same way. The flowers of the peach are excellent when made into a syrup, which is good for children when about the age of teething; they may be gathered and preserved like the flowers of the elder tree. A syrup may be made in the following manner:—put a small handful of the flowers into a pint of water, boil it, and add, after straining, half a pound of sugar, and a quarter of an ounce of the pulverised kernal; this syrup I would highly recommend for children after long sickness, as the scarlet fever, and other similar complaints.

BALSAMODENDRON MYRRHA, THE CLASSICAL NAME OF THE TREE THAT PRODUCES OR YIELDS THE SUBSTANCE CALLED GUM MYRRH OF THE SHOPS.

This tree is little known, but according to Mr. Bruce, it grows in Arabia Felix, and that part of Abyssinia, bordering on the Red Sea; it is obtained by incision, or by making an orifice, or opening in the tree. The best I have ever met with comes from up the Nile; it is at the present time an article of much commercial value, particularly in the United States of America. It is one of the best tonic medicines that can be used, besides being like most of its genus, an excellent diuretic; it is also antiseptic, or possessed of the power to prevent putrefaction, on account of which property, it was much used by the Egyptians, in embalming their dead. I was once present at the opening of a mummy, and the first odour that greeted my sense of smelling, was myrrh. I have used this article for many years, with great success, in cases of dysentery, or long standing bowel complaints, or looseness, on all occasions. It is a good stimulant, and as Dr. Cullen admits, “it imparts much heat to the stomach.” It is thought by the learned, to be a good

*emenagogue*, or having the power to act upon the womb ; it promotes the monthly terms, and may be prepared by infusion in water, or taken in powder, which is the best way to use it. I have often compounded it with other medicines, which I shall describe more particularly, when I come to speak of the manufacture of pills. A strong tea of raspberry leaves, and oak bark, with this gum, makes an excellent wash for sore eyes ; or it may be used with equal effect for healing ulcers, cleansing old sores, &c. &c.

COCCULUS PALMATUS, COLUMBO, OR COLUMBA.

The root of a tree, a native of the southern part of Africa, but an article of commerce, and to be had in the shops. It is very bitter, and free from all astringent qualities ; it is good for weak stomachs, and is an excellent tonic, perhaps one of the best that can be used before and after confinement. When mixed with rhubarb, it is an excellent corrector of the bile, and good as a medicine in all stages of jaundice, or disordered liver. It may be taken in substance, or made up as a decoction, in the following manner : to one ounce add one ounce and a half of horehound, one ounce poplar bark, and one ounce of red raspberry leaves ; boil the whole in one quart of water, and when strained, add a teaspoonful of cayenne pepper, and you will have an excellent compound for weak or impaired digestion ; for the dose, half a wine-glassful may be taken three or four times a day.

CURCUMA LONGA TURMERIC, OR CURCUMA OF THE SHOPS.

This root is imported into this country from the East Indies. For many years past, it has been rarely used as a medicine. Hooper says, "it is now out of use." It is of a deep yellow colour, and is much



used for dying. In America there is a plant answering the vulgar name of this, classically called, *HYDRASTIS CANADENSES CURCUMA* ; it is bitter, and a good tonic : I use it in a compound for pills, under which head I shall notice it again.

TEUCRIUM SCORODONIA OR WOOD SAGE.

A common perennial herb of this country's growth ; in appearance, it much resembles the garden sage. It is an excellent bitter, and removes obstructions from the kidneys and liver ; as a diuretic, it acts freely upon the bladder ; it likewise cleanses old sores ; if taken in a green state, and mixed with linseed, or oatmeal, it makes a good poultice, and may be applied to old sores, or inflammations, with good effect. When a student, under Dr. Ely, of America, a large wart, or tumor, appeared upon my right hand, on the back joint of my middle finger. It continued to increase, until it became as large as a small hen's egg : it had a cancerous look, and was of the colour of liver. Every means resorted to for its removal appeared to fail ; for many weeks my hand and arm were rendered useless, and I suffered extremely from the violence of the pain. Several of the doctors of the neighbourhood advised me to have it cut away. Acting upon their advice, I rode over a distance of nine miles, to an eminent surgeon, intending him to perform the operation ; but he was absent, and could not be found at the time, and I returned home without seeing him. In order to allay the pain, which had much increased through the exertion I had made in riding, I requested my mother to make me a poultice of *Indian meal*, (much resembling oatmeal), and *wood sage*, used in the green state ; the poultice gave me ease in ten minutes after applying it, and in a fortnight the tumor had disappeared, without

any other means being applied. Thus a poultice made as above directed, applied night and morning, accomplished the cure, when the doctors were of opinion, that unless removed by the knife, I might have lost my hand.

ARTEMISIA ABSINTHIUM. OR WORMWOOD.

The root of this plant lives for several years. The herb is an excellent bitter, and may be used to create an appetite, for it aids and assists the digestive organs in their operations; it is also good for bruises and sprains, if applied in the green state, having been previously well steeped in vinegar. For indigestion, make a decoction of the herb, to which, add a little cayenne pepper; a small wine-glassful of which may be taken two or three times a day.

TANACETUM VULGARE, OR TANSEY.

This herb has also perennial roots, and is mostly cultivated in gardens. As a bitter, it is good for the stomach, and is somewhat stimulating. A tea of this herb is good for gravel, stranguary, weakness, and pain in the back, and kidneys; it is also good for female weakness. The leaves, when bruised, are good for sprains and swellings. This is the last of the bitters, or tonics, that I shall enumerate; if the advice that I have given be attended to, the remedies mentioned, will be sufficient, for all the purposes to which they can be applied. I have only to request that no person will doubt their efficacy, without first testing their virtues, by a fair and impartial trial. I may here remark, that I am free from the sin of having put edged tools into the hands of the unskilful; for among all the remedial agents which I have as yet prescribed, not one can be found that is not friendly, in all its operations, to the constitution of man.

I shall now proceed to a description of the *specifics*, or of those remedial agents that act more immediately upon the various organs. The first of this class is distinguished by the name of diuretic, having the peculiar property of stimulating the glands, and other vessels connected with the kidneys. Many of the herbs and plants already treated upon, act more or less upon the urinary organs; but there are others to which I am about to allude, not possessed of much tonic, astringent, or stimulant properties, that exercise a yet greater influence over some particular organs.

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## SPECIFICS.

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### CHAPTER X.

#### DIURETICS.

##### TERAGARIA VESCA, OR STRAWBERRY PLANT.

The strawberry grows wild, but is mostly cultivated in gardens, on account of its delicious and valuable fruit, with which our markets at the proper season are abundantly supplied. I shall not stop to describe it, since it so well known. It is a strong DIURETIC, and moderate stimulant. In all cases of stranguary, or stoppage of the urine, or gravel, or ulcers formed in the kidneys, or neck of the bladder, a strong tea of this herb may be drunk; or if the fruit be in season, put a quantity of the herb and fruit into a pitcher, pour boiling water thereon, and let it steep well for two or three hours, then strain it; and to each quart of the tea

add one ounce of pure ginger, pounded, or gratered fine: of this decoction take a small wine-glassful three or four times a-day,

**GALIUM APARINE CLIVERS, OR CLEVERS, BETTER KNOWN  
AS HAYRIFFE, OR GOOSE GRASS.**

It is an annual plant; grows very common in this country along the hedge rows, and in woody places. It is a powerful diuretic, and like the preceding medicine, may be used in all cases of obstruction of the kidneys and bladder. A tea made of this herb is also good for the dropsy, not only as a diuretic, but likewise for its aperient properties, as it acts mildly upon the bowels: it is equally good in cases of scrofula, cancer, or long standing ulcers. By taking two ounces of the expressed juice three times a-day, and applying a poultice made of the green herb, many very dangerous cancers have been cured. In cases of dropsy, which children are often subject to, after an attack of the scarlet fever, I have used clivers as a medicine most successfully. The expressed juice of the green herb, or a decoction made in the form of tea, may be given freely.

To make one of the most powerful of all diuretics, take of clivers, parsley root, (which see) juniper berries, and flax seed, each two ounces, quassia wood, one ounce; boil them all in one gallon of water; strain, and add one ounce of pulverised ginger, and one pound of honey; take from a table spoonful to half a wine-glassful three times a-day. This medicine is good for dropsy, stoppage of urine, gravel, and female weakness, but should never be given in cases of diabetes.

**APIUM PETROSITINUM, OR GARDEN PARSLEY.**

This plant, which is annual, has a round branching

stem, the root of which is biennial ; the seed, herb, and root, are all possessed of strong diuretic properties, and have an aromatic taste. This plant is powerfully diuretic, and gently aperient : it is good in dropsical cases, or in affections of the kidneys ; it may be used either alone or compounded with some of the bitter medicines.

#### LEONTODON TARAXACUM, OR DANDELION.

This is a perennial herbaceous plant, well known in this country by every house-wife : and has been applied by them to good advantage. That which has mostly rendered these valuable medicines of little use, has been a want of confidence in the parties using them ; for if they have failed at any time to effect a cure in a few hours, the patient has become alarmed, a doctor has been called in, and the herbs have been abandoned, which would doubtless have accomplished the cure, had their use been persevered in a little longer. We should be careful never to condemn any thing, unless we have previously given it a fair trial.

The dandelion is diuretic, tonic, and aperient, and has a direct action upon the liver and kidneys ; when languid it excites them to a healthy and vigorous action. It is most applicable to hepatic or liver complaints, or any derangement of the digestive organs ; in chronic inflammation of the liver and spleen, in cases of deficient biliary secretions, and in all dropsical affections of the abdomen, this is a good remedy. Four or five ounces of the green root, or one of the dry, may be boiled in a quart of water, and drank freely on all occasions when its use is required.

#### JUNIPERUS COMMUNIS, OR JUNIPER.

This plant, which is indigenous to this country, is an



evergreen, and grows sometimes as high as ten feet. The berries are much used in the manufacture of gin : and it is on account of their diuretic properties, that gin is so frequently recommended in cases where a diuretic is required. The better plan, however, and which I invariably adopt, is to eschew the gin, and make a tea of the berries ; by which means I extract all the good properties, without exposing my patients to the danger of using such an enemy to man's health as *alcohol*.

The berries and boughs are both medicinal, and in all dropsical complaints ought never to be omitted. If the boughs are reduced to ashes by fire, and the ashes put into water and drank, a medicine will be obtained that has cured the dropsy, in an advanced stage. Juniper is a good medicine, when combined with other substances. An excellent beer may be made in the following manner :—Take of fresh gathered dandelion roots and tops, one pound, one pound of green peach leaves, one pound of green parsley roots and tops, and one pound of strawberry vines ; bruise the whole, and add three gallons of water ; boil and strain it, then add four ounces of pulverised juniper berries, and one pound of sugar ; let it ferment, after which, bottle it for use, and in cases where the kidneys and bladder are affected, half a wine-glassful taken four times a day, will sometimes effect a cure after all other means have failed.

The next class of remedies to which I shall advert is the Antiscorbutic. I have visited no country where this disease exists in a worse form than in England, particularly in the manufacturing districts ; owing chiefly to the confined and impure state of the atmosphere, in large factories and other similar establishments ; together with the impurity engendered by so many persons living and sleeping in confined apartments, deprived

of a pure and healthy circulation of air, which of itself is sufficient to account for the vast amount of sickness, that generally accompanies such a combination of evils : add to which, the want of a knowledge of these things, by the people themselves ; for were they but rightly educated, and the sanitary condition of large towns better attended to, many of these evils would soon cease to have an existence.

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## CHAPTER XI.

### ANTISCORBUTICS.

#### ANCTIUM LAPPA, BURDOCK, OR CLITBUR.

This is a biennial plant, or of two years growth ; it is a good antiscorbutic, slightly aperient, and tonic, and an excellent remedy in cases of scrofula, or obstructions of the kidneys. It is good for the venereal disease, inasmuch as it will, in some cases, cleanse the system, if the patient shall have been so unfortunate as to have been put through a mercurial course by the mineral-loving doctors. It is also good for rheumatism, leprosy, and the gout ; all of which it will expel from the system, if perseveringly taken. The seeds are an excellent diuretic, and may be given to young children, when mixed with raspberry leaves ; a compound which has a tendency very much to soothe and tranquilize the system ; in fever cases the leaves may be applied to the feet, or to burns and scalds. The leaves may be dried, and afterwards moistened for use.

SMILAX SARSAPARILLA, OR THE SARSAPARILLA OF  
THE SHOPS.

This plant is a native of America, and was first brought to this country by the Spaniards. At that time it was thought to be a good medicine in cases of venereal, in consequence of which it acquired a great name : subsequent trials, however, have proved that its power over that dreadful disease is very limited, unless compounded or used with other medicines. It is good as a general purifier of the blood, after the disease has been expelled from the system by other medicines, of which I shall treat in a subsequent chapter. It also possesses good diuretic properties, and is somewhat of a tonic nature, and eminently good for scrofula, rheumatism, and such like affections.

ARISTOLOCHIA SERPENTINA, OR SNAKE ROOT OF  
THE SHOPS.

A stimulant and tonic ; it is also antispasmodic, and for its stimulating properties it is recommended by the faculty in cases of fever. It is a native of North America, much used by the Indians, particularly in the Southern States : as a medicine it is valuable, for it not only expels gross humours of a long standing, but it acts powerfully upon the secretive glands of the stomach ; in America it is given to children for the purpose of destroying worms ; it is an antiscorbutic. It is a valuable medicine, can be obtained at the shops, and may either be given alone, or in combination with other assistants.

RHUMEX. AQUATICUS, ALSO BRITANNICUS, AND OBTUSIFOLIUS, OR DOCK ; IN THIS COUNTRY CALLED DOCKEN,

Of which there are three kinds, as named above, and are all good for medicine, expelling from the system

scurvy, the itch, and other cutaneous eruptions. They are antiscorbutic, and good for children when troubled with worms. The root of the water dock, *aquaticus*, is bitter and astringent, and as a medicine has long been in use as a general purifier of old sores, and cutaneous eruptions. An ointment may be made from it in the following manner: take the green root, wash it clean, and grater it fine; then cover the powder with hog's lard, let it gently simmer over a slow fire for two hours, taking care to keep the fire so low, that the root is not in danger of being burned; strain it while warm, and you will have the best itch ointment that can be made. When applied, rub well the joints of the body on going to bed, for three alternate nights, which seldom fails to cure, providing the patient take some of it in the shape of tea, for the purpose of cleansing the blood, that the disease may be attacked internally as well as externally. Last year, a whole family applied to me, every member of which was suffering under the itch; I prescribed the above tea and ointment, and in a few days, every trace of the disorder had disappeared. An excellent beer may be made in the following manner:—take dockroot, one pound; burdock root, half a pound; burdock seed, half a pound; senna leaves, quarter of a pound; ginger root, quarter of a pound; sugar, one pound; boil the whole in three gallons of water, let it cool and work a little, then bottle it for use. As a general purifier of the blood, it cannot be surpassed.

#### PIPER CUBEBA, OR CUBEBS.

This plant is a native of Java, from whence it is imported into this country. It is an aromatic of a warm and gently aperient nature; and for many years was much used as a condiment in soups. It is a good antiscorbutic; has an agreeable effect upon the stomach

and kidneys ; and as a medicine, is much used in Java and the East Indies, for the cure of gonnorhea ; in which country, it is mainly resorted to as a remedy for that disease. It is diuretic, and slightly tonic ; and yields an oil, which by many is preferred to the fruit. I, however, prefer the fruit, as I consider it more certain in its effects, though the cure may not always be accomplished as soon. When residing in the Southern States, I made great use of this article for all cases of gleet, seminal weakness, and for gonorrhea ; to which purposes I yet apply it with good effect, in conjunction with other remedies, to which I shall allude at the proper time.

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## CHAPTER XII.

### NERVINES, A CLASS OF SEDATIVE OR ANTISPASMODIC MEDICINES,

Used to allay the irritation which at times accompanies many forms of disease, and by soothing, or tranquilising the nervous system, predispose the patient to sleep. This class of medicines has been extensively used by the faculty. When these fail to answer the desired end, the doctors invoke the aid of their POISONOUS NARCOTICS, such as OPIUM, and its multiplied preparations, which they freely administer, producing thereby a debilitating stupor, by endeavouring to force the patient into an unnatural sleep, and obtain for him a brief respite from his suffering. This mode of tampering with the sufferer's constitution is productive of two



evils; the one is, the inefficacy of the remedy, for the pain thus temporarily suppressed, frequently returns with redoubled force and energy; secondly, if the use of these articles be continued, though the patient may possibly outlive the fury of the disease, he can never escape from the debility that will ever after cling to his constitution. Innumerable are the victims whose constitutions have been thus destroyed, and whose intellects have been so much impaired, that those who once claimed a proud rank in society for skill and intelligence, have been doomed to mope out the residue of their days as imbeciles or idiots.

I may be asked, (since I protest so strongly against the use of these, and all other drugs of a poisonous nature), what I would recommend as a means of allaying irritation, and inducing sleep? My answer is, reduce the pain, by reducing or removing in a great measure, the pressure from the nervous system, and this must be done without having recourse to either opium on the one hand, or the use of the life-destroying lancet on the other. In the most violent paroxysms of fever, when the sufferer had not for several days had an hour's slumber, or a moment's respite from pain, even then, by the use of such medicines as will hereafter be described, together with the use of the vapour bath, I have thrown the patient into a natural, consequently a healthy slumber, out of which he has awakened with renovated health, and an appetite for food.

From the beginning to the end of my theory, it will be perceived that I never lose sight of that eternal principle in nature, that "*heat is the source of life,*" and "*that health can never be found where the equilibrium is destroyed.*" In removing sickness, our first enquiry ought to be, what cause has produced this

effect? Should the patient be in a fever, we infer at once, that there is an obstruction in the system, consequently too much pressure upon the nerves, which will fully account for the intensity of pain that is ever found attendant on such cases. In such cases, set about removing the obstruction, which, by the aid of a few simple medicines, can soon be accomplished: fever, even in the worst cases, may be abated within twenty-four hours. I have taught hundreds to do this, and shall give to my readers, under the head of fever, such information as will enable them to do likewise.

Having adverted to fever, permit me further to illustrate that disease; and in order to render myself more intelligible, I will contrast it with that of consumption. In fever the obstruction causes the pressure upon the nerves to be too great; in consumption, the nervous energy is too low; in fever, the patient is convulsed with the severest paroxysms of pain. Would you know the cause of this, in a few words let me state it. Fever symptoms are caused by the contraction of the pores, which is generally brought on by a sudden change of temperature, or exposure to unusual cold; by this contraction, the equilibrium within the living citadel is destroyed, the pressure increases, the pulse is quickened, there is no moisture on the surface of the body, for the pores being closed, the steam cannot possibly escape: the pressure of blood thus violently propelled through the system, acting upon the nervous or sensitive parts of the body, convulse it with extreme pain. If you ask me how I would act in such a case, in order to reduce the excitement, which must, if not interrupted, end in inflammation of some vital part, and thus terminate in death? My answer is, I would not use the lancet, nor would I administer opium, but would at once open the pores; through their million mouths

should escape the enemy that had been so long confined in the body: as the perspiration rushed through its natural outlets, the pulse would insensibly lose its former velocity, the crisis would be past, the danger over, and the sufferer rescued from the grave.

Thus you perceive, how fever is caused, and how, in accordance with the operations of nature, it ought to be cured. We will next take a survey of consumption, which presents an aspect directly opposite to fever. Consumption being a gradual decline, or wasting of the system, in consequence of the vital heat having become impaired, or otherwise obstructed, hence, in order to effect a cure, we must remove from the system such impurities as clog the machinery of life, and restore an equilibrium of heat, in order to build up, and restore the perishing fabric. I shall hereafter go more into detail on both these diseases, when I come to the chapters on fever and consumption.

I have generally found a teaspoonful of cayenne pepper, to prove of more effect than all the sedative medicines of the shops. The vapour bath seldom fails; but as this subject is somewhat important, I subjoin the following list of sedatives, all of which I have tried, and can therefore confidently recommend them to others.

VALERIANA.—VALERIAN, THE ROOT.

There are several of this species of plant, but the one most commonly used for the above purpose, is *VALERIANA OFFICINALIS*; the root of which is perennial. It grows wild, and is a good nervine. In cases of fits, spasms, or hysterical affections, it may be given in a decoction, but it is better when taken in the powder, a tea-spoonful for an adult, will be a sufficient dose, when mixed with hot water.

There are five species of American valaria. *CYPRI-PEDIUM* is by the botanical physicians mostly used and with good effect. The seeds of the *BURDOCK*, (*arctum lappa*), are also good, and as they grow in many parts of this country, they can readily be obtained. In cases of epilepsy, I have frequently used *BURDOCK SEEDS* with good effect, especially for children. *Burdock* possesses no narcotic properties, and can be given in any stage of disease. A tea may be made from the seeds when bruised, or it may be given in powders, from one-half to a tea-spoonful at a time. The powder of either of the above articles should accompany *LOBELIA*, when the latter is given as an emetic.

#### *FERULA ASSAFŒTIDA.*

The name of the plant that produces the assafoetida of the shops. It is a native of Persia, and grows plentifully on the mountains of Chorassa and Laar. It is obtained by bareing the roots, and cutting them transversely, by which process the juice is obtained, and afterwards dried by exposure to the sun, which forms the gum that is sold in the shops. It is a powerful antispasmodic, and somewhat expectorant; is a valuable medicine in cases of hypocondria, hysteria, convulsions, spasms, and all cases of nervous debility: from its expectorant, as well as *SEDATIVE* qualities, it is a useful medicine in consumptive cases; in constipation or severe costiveness, or flatulency, it is equally good.



## CHAPTER XIII.

## CATHARTICS, OR PURGATIVE MEDICINES.

On this subject I differ materially with the faculty, for no medicine can act powerfully on the bowels without very much reducing the system, thus weakening and debilitating the organs, particularly those of digestion; and I deprecate the present system of attempting to purge away impurities, in order to cleanse the blood, until the life of the patient is not unfrequently purged away. Many act upon the supposition that a patient must be purged, though his strength and appetite for food have both disappeared, forgetting that he has a skin, through the pores of which, when the body is in a healthy state, there passes off in insensible perspiration twice as much matter as is conveyed away through any other channel; and that to induce a perspiration will tend more to cleanse and purify the body than any purgative when thrown into the bowels; hundreds of nostrums are being daily palmed on the public, most of which are composed of strong purgatives, and the credulous patient is advised to take such enormous quantities, that a feeling mind must sicken at the consequences, particularly when we know that these purgatives are mostly compounded of *gamboge*, *croton oil*, *calomel*, and similar ingredients. How many have been, and are now being, physicked into consumptions, or left to drag out a wretched existence, the victims of dyspepsia or indigestion, from having taken these medicines to such an excess. Some years ago, a labouring man came to consult me from Welton, a village ten miles from Hull, where I at that time



resided : for fifteen years he had been afflicted with scrofula, during the greater part of which time he had a large sore on one of his legs, in consequence of which he was more or less, for several months in every year, unable to follow any employment ; he had had recourse to all the means available in this country : he had tried the infirmaries and other medical establishments, when it was decided that his leg must be amputated : unwilling to undergo the operation, he sought for, and obtained most of, the specifics advertised in the papers of the day ; among the rest he tried Morrison's pills, judging by the description given of their properties by the proprietor, that they were just what he had been so long looking for ; he commenced taking them, nor did he stop until he had swallowed as many as cost him SEVEN SOVEREIGNS : he took sixty pills a day, twenty in the morning, twenty at noon, and twenty more at night. I need not say that the pills did him no good. Doubtless the pill agent would say he had not taken enough ; but I can assure my readers to the contrary, for had he persevered much longer with his dose of sixty pills per day, his thread of life would soon have been spun out. When Hercliff (the name of the patient), first came to see me in April, 1840, his whole nervous system was shattered and unstrung ; he appeared like one suffering from an attack of PALSY, OR DELIRIUM TREMENS. I asked him if he had been a hard drinker ; he answered that he drank nothing stronger than water. I next asked him what he had been taking, when he told me what I have just narrated. I told him his constitution must have been a strong one, or he never could have survived such treatment : yes, he replied, our doctor, meaning the doctor of the village where he resided, says I have had a constitution like a horse : to be brief, I commenced operations with

him, and in seven months completed his cure. I shall allude to his case again, as well as his letter of thanks to me, for having done for him what the medical world, and seven pounds' worth of Morrison's pills had failed to do.

I will now quote another instance of the effect produced by purging a patient labouring under rheumatic fever. In my absence he took a dose of castor oil, which well nigh cost him his life, before its power could be arrested; it produced between seventy and eighty alvine discharges. Since that period I have never used a particle of this debilitating cathartic. Nurses are in the habit of giving it to young children soon after birth, to cleanse their stomachs, as they say, whereas the infant requires only the breast of the mother, which Providence has not only designed as medicine, but food also. When purgatives are necessary, care should be taken to select only such as will act in accordance with the laws of life and motion. The physic provided by nature for the body is the bile, which, after separating the nutritive portion of the food from that which is not required for the sustenance of the body, acts next as a stimulant upon the intestines, and carries away by stool the refuse of digestion: when this natural medicine fails, or becomes vitiated and impure, the medicine that will correct this, as well as act in its place, is the substance to be preferred.

#### ANIMAL PHYSIC, OR BULLOCK'S GALL.

This is a purge I have often used with good effect. It will correct digestion, and remove a costive state of the bowels; it may also be used with good effect in jaundice; it leaves no debility, but after operating, it generally leaves the mind cheerful and active. It may be made into pills, in the following manner: take of

the gall four table-spoonsful, powdered rhubarb, curcuma, and valerian root, half an ounce each : mix, and add gum arabic in a fluid form, in order to stiffen the whole; take two or three of these pills as the bowels may require.

RHEUM PALMATUM, THE SYSTEMATIC NAME OF THE  
OFFICINAL RHUBARB.

This root is a purgative, and one of the best that can be met with in the shops. It is obtained from three different quarters of the world, viz., China, the East Indies, Turkey, and Russian Tartary : that which comes from the two last places is generally considered the best. It was many years before this plant was known sufficiently even for Linnæus to describe it : it is a valuable medicine, and as it yields its properties much sooner and more effectually when mixed with water, than when mixed with spirits in the shape of tincture, I would advise its being taken in the former in preference to the latter. I press this more particularly, because most people use the tincture, and even give it to children in that form. Rhubarb is a mild cathartic, and a corrector of the bile at the same time : it should be carefully secluded from the air, as exposure to the atmosphere has a tendency to impair its properties ; for habitual costiveness a small piece of the root may be chewed, swallowing the juice ; or for a more active purge it may be taken in powder ; this plan will be found more effective than steeping it, for when heated it throws off many of its good properties. A dose of one or two tea-spoonsful of the powder will be found sufficient, or it may be mixed with other substances, which I shall hereafter describe.

CASSIA, OR SENNA OF THE SHOPS.

There are several plants that produce these leaves ;

the best is imported from Nubia, and is called *guebelly*, or *senna makke*; it grows wild, and yields two crops of leaves, the quantity produced depending mostly on the periodical rains; its flowers are of a yellowish hue. It is aromatic, and slightly bitter; is an excellent purge, generally operating in four hours from the time of its being taken, but in combination with other articles, it operates much sooner. It is a mild cathartic, and should always be used when the bowels are much disordered; when taken alone, it sometimes gripes the patient, particularly if it has been steeped, or boiled, but it seldom gripes when made into an infusion with cold water; but having before observed, that no purging medicine should be given without being accompanied with a stimulant, I mean the same remark to apply here; for adults, I would recommend half an ounce of senna, to be mixed with the same quantity of ginger root; for children, take senna, penny-royal, and red raspberry leaves, equal parts; you will thus obtain a surer, and a much better purge, than castor oil, magnesia, Epsom salts, or any mineral drug that can be given.

#### LINUM CATHARTICUM, OR MOUNTAIN FLAX,

An herb, very common in this country; it is an annual plant, and grows wild in meadows and pasture lands. It is an excellent purgative, and preferable to senna. When a purgative is really requisite, for costive habits, it may be mixed with poplar bark, or any of the bitter medicines.

#### ALOE PERFOLIATA, OR THE ALOE TREE.

This tree yields the gum that is sold in the shops, the best of which is Barbadoes; it is a native of both the Indies. It is a stimulating purge, remarkably good for

the jaundice or cases of indigestion. I generally give it in substance, combined with rhubarb and cayenne pepper, made up of equal parts, to which gum arabic, in a soluble or liquid form, may be added, to give a consistency to the whole. This is an excellent medicine.

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## CHAPTER XIV.

### MUCILAGINOUS SUBSTANCES.

In the process of curing the sick, it has ever been found necessary to use certain articles wherewith to shield, or defend the diseased parts when exposed to friction, or the influence of the atmosphere, or other irritating causes. Such properties are to be met with in what are termed mucilaginous, or gummy substances; the use of which, is at times indispensable to the cure of the sick. To this class belongs the *linum usitatissimum*, the classic name of the common flax; the seeds of which are extremely useful as a mucilaginous poultice. It is common to recommend a tea of linseed to be used freely, where there is soreness in the stomach or throat, and which is a good remedy also for hoarseness, or an irritating cough. For a poultice, or cataplasm, the seed should be ground, and applied in the usual way. For a gathering, or tumor, it will be found equally good; but as this article is so well known, and its use so general, I need not attempt to describe it further.

#### OSMUNDA REGALIS, OR BUCKHORN BRAKE.

A perrennial root, possessing not only mucilaginous,



but good tonic properties. In cases of dysentery, it may be used with good effect, particularly where there is a soreness of the stomach and bowels; when steeped in hot water, and sweetened with loaf sugar, it is valuable for female weakness, and that general debility to which women are so frequently subject.

#### ALTHAEA ROSEA, OR HOLLYHOCK.

This is a perennial plant, mostly cultivated in gardens as an ornament; the flowers of which I use medicinally, for healing the throat and stomach, when sore, or after an inflammation. A tea of these flowers may be successfully employed for inflammation of the *mucus membrane*, or lining of the stomach. The leaves of the hollyhock may be pulverised, and applied as a poultice, or a conserve may be made of the flowers, by pounding or mashing them fine in a mortar; and to one pound of which, add one ounce of cayenne pepper, one ounce of ginger root, two ounces of poplar bark, made fine, one pound of raw sugar, half an ounce of cloves, pulverised, and you have one of the best loaves of bread that can possibly be made; in fact, it may be called the bread of life. A piece of this bread taken two or three times daily, will be found good for a cough.

#### TRIFOLIUM PRATENSE, OR RED CLOVER.

The common clover, such as is cut for hay, the flowers of which are a valuable article; a salve made of them is good for cancer, old sores and sore lips; it is soft and adhesive, and the flowers contain so great a quantity of honey, that it enhances the medicinal properties of the salve. To make this salve, take a large brass, or tin kettle, or boiler, fill it with clover heads or flowers, cover them with water, let them boil briskly for an hour, then strain and press the flowers well, and

then refill the same vessel with flowers, putting them in the same liquor; strain again, and simmer down, until it is of the consistency of thick tar; with this salve, I once cured a cancer of very long standing, keeping up at the same time, by internal medicines, a lively action in the system: for old sores of every description, this salve is equally good. In making it, great care should be taken not to burn it, or its virtue will be much impaired.

ACACIA VERA, THE CLASSIC NAME OF THE EGYPTIAN  
THORN, OR GUM ARABIC TREE.

From this tree is derived the gum arabic of the shops, which is imported into this country from Barbary; it comes packed in casks. This gum will not mix with spirits, but it readily dissolves in twice its quantity of water; when in this fluid state, it becomes an excellent mucilaginous medicine, which is good for coughs, or hoarseness; it also acts as a diuretic. From its adhesiveness, it is much used in the manufacture of pills. When mixed in a fluid form, with Spanish juice, in equal quantities, and a small quantity of cayenne pepper, or ginger root, it makes an excellent expectorant, not only removing the phlegm, but producing other favourable symptoms.

ARUM MACULATUM, OR WAKE ROBIN.

This plant is a native of this country, and grows wild in the hedges, and woody places. It is of perennial growth: when in the green state it is a powerful stimulant, much of which property is lost in evaporation. It is good for coughs, and debilitated stomachs. The root should be gathered in autumn; it should then be sliced, and carefully dried. It will be readily known by a cluster of red berries, of grape-like form, which

it bears near the ground ; when used, it may be powdered, and taken in honey, or any kind of preserves. In order to obtain still more of its stimulating properties, it may be used as a conserve by mixing half a pound of the green root with a pound and a half of good sugar, beaten well up in a mortar ; take about a tea spoonful of this for a dose.

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#### ENEMAS, INJECTIONS, OR CLYSTERS.

This mode of administering medicine is of very ancient origin, and in my opinion, it cannot be too highly recommended ; this mode of administering medicine to the afflicted has often proved very successful ; for when the stomach of the patient, through extreme prostration, refuses to retain the medicine, an injection will often overcome the difficulty ; notwithstanding which, the doctors of this country seldom avail themselves of its assistance. For costiveness, or constipation of the bowels, I would recommend an injection, in the form of tea, to be made of cayenne pepper, well sweetened with treacle, or molasses, which will answer the desired end much better than any drastic purge. In cases of dysentery, or bowel complaints, I would recommend a strong tea of red raspberry leaves, valerian, and gum myrrh, to consist of half a tea spoonful of the latter two ingredients, which I have generally found to answer the purpose. When the bowels have been sore, and inflamed, or otherwise debilitated, I would recommend the use of arrow root, gum arabic, gruel, or both, or all together. The above, when injected into the bowels, have sustained the patient for a long time, when the lightest food could not be digested, or made to pass the stomach. The best way of ad-

ministering an injection, is with a syringe, but the pipe and bladder may be used, when a syringe cannot conveniently be obtained.

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## CHAPTER XV.

### SALVES AND OINTMENTS.

I shall now proceed to give a few useful receipts for making the above. What I have often remarked from the platform, I here repeat; that I do not believe any salve, ointment, or similar substance, can of themselves, effect a cure. Such things are indeed useful in their place, since, by excluding or relieving the injured part from the pressure of the atmosphere, they not only prevent external friction, but they also, if rightly prepared, cleanse, and in some measure, purify it: but we cannot hope for a perfect cure, unless we remove the cause, by giving a healthy tone to the secretive organs. Newspapers literally groan under the load of advertisements, which daily and weekly embellish their pages, all professing, by the aid of their magical salves or unctuous preparations to cure scrofula, scurvy, sore legs, eruptions, and innumerable other symptoms, all of which have their origin in a vitiated state of the blood, and an unhealthy, because obstructed, circulation. Sores and ulcers, when they appear on the surface of the body, are manifest indications of some hidden impurity that lurks within, to remove which, should claim our earliest consideration. What an absurdity then to suppose that Holloway's, or the ointment of any one else, can, by any virtues they of themselves possess, unless aided by some more efficient means,

effect a cure. Whenever, therefore, I recommend the use of salves or ointments, remember that you must attend to the condition of the stomach and liver, before you can reasonably hope to succeed by employing such means.

A GOOD WAX OINTMENT MAY BE MADE IN THE  
FOLLOWING MANNER.

Take of white wax, four ounces, spermacetti three ounces, olive oil one pint; mix them together over a slow fire, taking care to stir it briskly until cool. This is an excellent salve for mothers when troubled with sore nipples; it moistens the skin, and keeps it soft, consequently it is good for chapped hands, or dry scurvy, but should be assisted by internal medicines whenever required.

BURN SALVE.

Take one pound of Burgundy pitch, quarter of a pound of bee's wax, half a pound of hog's lard, simmer the above over a slow fire until the whole are well mixed together, then stir it well until cold. This is one of the best salves for burns or scalds where the skin is off, and the exposed part has become sore: it is also good for canker, scrofula, tumors, or sores on the legs. (See treatment of burns and scalds.)

PILE OINTMENT.

Take yarrow blossoms, and red raspberry leaves, equal quantities, pound them fine, and simmer them in fresh butter, taking care not to heat the butter so as to burn it; this, when applied on going to bed, seldom fails to relieve the worst of cases, and it very generally, when assisted with mild purgatives, effects a cure. For another form, see chapter 25th.



## A WARMING PLAISTER.

Take of Burgundy pitch one pound; resin half a pound; hog's lard, two ounces; to which add a tea spoonful of cayenne pepper; let the above simmer over a slow fire until well mixed; spread it fine on a piece of soft leather; when applied to the part affected, it stimulates and warms it.

LINAMENTS FOR WASHING OR BATHING THE  
AFFECTED PARTS.

For rheumatism, take a tea spoonful of cayenne pepper, and one of common salt, to which add half a pint of the best vinegar; mix the whole well up, by shaking it in a bottle; with which bathe or wash the parts affected. In rheumatism, it reduces the swelling, and removes the pain; in consumptive cases, the legs of the patient may be well rubbed with a cloth, wet with the linament, by which the circulation will be quickened, and the joints relieved from pain.

## A VOLATILE LINIMENT.

This is much used for sprains and bruises. Take sweet oil, four ounces, spirits of hartshorn, one ounce; to which add a tea spoonful of cayenne pepper; rub the parts with this night and morning.

## COMPOUND LINIMENT OF SOAP.

Take of gum camphor, one ounce; white soap, (fine), three ounces; cayenne pepper, half an ounce; spirits of rosemary, one pint; dissolve the soap before the camphor is added. This linament may be applied to scrofulous tumours, or swellings; it is also good for inducing an action to the surface. In cases of quinsy, a flannel may be wet with it, and applied to the throat.

The reader will please to observe, that linaments are mostly employed as a means of removing obstructions from the surface, by accomplishing which, the circulation and secretions are improved. In making them, great care should be exercised in selecting such substances as are least volatile, and devoid of all irritating qualities; when volatile articles are used in the manufacture of linaments, their strength is evaporated, or thrown off, instead of being absorbed, or taken into the system.

A tincture made of gum myrrh, is good in cases of rheumatism, or for sprains; to one pint of spirits of wine, add two ounces of gum myrrh, with a tea spoonful of finely pounded cayenne pepper; this, when externally applied, is an excellent remedy for cuts, sprains, bruises, &c.

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## CHAPTER XVI.

### ON DIET.

An aged abbot in France, was asked by his medical attendant, "how he had contrived to live so long, and preserve to himself the enjoyment of such excellent health:" he replied, "I have eaten once a day, and slept at regular hours." "Well," said the doctor, "for God's sake, do not tell your secret, or you will *spoil our practice.*" Yes, good doctor, there lies the secret spring that governs what to the multitude, must seem your mystical trade; in that single sentence, is couched an apology for the delusions that the faculty have so long palmed on the public. This fear of losing

their practice, has induced them to wink at the follies of the gormand on the one hand, and sanction the use of the life-consuming alcohol on the other. Will the faculty *dare* to tell the public, that alcohol in all its forms, prevents digestion, and induces disease? They know that nothing of a liquid kind is required in the blood to support the animal economy, but water: but then to proclaim this important truth to the ale consumers, wine bibbers, and porter drinkers, would be to act the part of a faithful monitor, by publishing these truths for the service of mankind; but in lieu of this, they are bound up in a sort of mystical confederation: their object is not to obtain knowledge for the sake of dispensing it to others; they prescribe in bad Latin, for they dare not call things by their proper names. Every ten years their vocabulary undergoes a change, lest some portion of their secret should have leaked out from their cabinet of mysteries: thus the people are kept in ignorance of themselves, and all that pertains to them, lest the doctors should be "*spoiled in their practice*," and the people be permitted to escape from the fetters of ignorance, which the Pharoahs of the faculty are determined to impose upon them. But to return to the subject, intemperance in the use of meat or drink, is an indiscretion to which multitudes are habitually sacrificing themselves. Socrates wisely remarked, "that the happiest man was he, who had the fewest wants to supply." Without adopting the austerities of Diogenes, we ought ever to remember, that our wants are really but few, and such as can be easily provided for. Among the rude and uncultivated inhabitants of the earth, such as roam in tribes, or dwell in tents, we seldom meet with those forms of disease that have their origin in impaired digestion, the symptoms of which are only to be met with in the social or

convivial circles of society, or where great mental power is exerted by those who lead a sedentary life of monotony, without accompanying or qualifying the same, with the necessary amount of physical exercise. In what are falsely termed civilised, or wealthy countries, the tables of the rich daily groan under a load of luxuries, where costly exotics, and numberless dishes are served up, embellished with every allurement that the culinary art can bestow upon them. If the human stomach could expostulate, or remonstrate with its ignorant possessor, it would say, give me only plain food, and not too much of that, and I will ensure a speedy digestion, and excellent health; but how am I to dispose of the mass of costly rubbish, that I am daily compelled to receive? Before dinner, I am drenched with wine, or brandy; then I am surfeited with what you please to term savory soup; then comes a plate of beef, or a joint of venison; next follows a mass of vegetables, and huge quantities of pudding; and to crown the whole, I am choked up with tarts, jellies, fruit, and filberts, until, like a wretch stretched on the rack, I sink through mere exhaustion, for nature can bear no more! How can any sensitive stomach digest such a mass of amalgamated matter? The stomach of a ploughman, having only plain food to digest, has little labour compared with mine, while the ploughman assists his stomach in its digestive operations, by taking plenty of good refreshing exercise; but my foolish owner fills me full of superfluous delicacies in the first place, and then, to add to my misery, he arrests the powers of digestion by drenching me with wine or brandy after dinner, taking no exercise but such as a carriage will afford, or lolling on a sofa. Thus, although I am the stomach of a rich man, I am not only worked beyond my strength, but I am

paralysed and palsy-stricken, by the wine and brandy that my master consumes. When my powers are thus arrested, a physician is called in, and because I am overwrought, so that I cannot furnish blood enough for the maintenance of the system, the sagacious doctor, as though he were determined to render my master's folly more complete, drains my famished veins of a portion of their contents, thus taking from the vital principle, the germ of its vitality, at a moment when the system imperatively calls for its retention.

What a faithful picture must the above present to every reasoning mind ; no wonder that the gormond is racked with the pangs of the gout ; no wonder that indigestion brings with it such a train of evils, for no human stomach can long sustain itself under such circumstances. In vain do we boast of our learning and philosophy,—in vain do we boast of our advancement in the sciences, when all our wisdom has not taught us how to regulate our appetites, or our humanity the necessity of being less cruel to our stomachs.

A chaste and talented writer has said, "that a thousand modes of regulating the appetite have been invented. The earth, the waters, and the air have been ransacked for the raw material, and all the skill of the kitchen laboratory, all the science of the professional cook, has been exerted to manufacture them into compounds, which are sweet to the taste, but bitter to the belly. When children or students, taking but little exercise, are pampered on these compounds, their sensibilities are rendered morbid, their digestion deranged, and their blood vessels distended ; irritations are set up in the stomach, lungs, or brain, and the individual literally eats himself into the hands of the doctor and druggist, from which evil he seldom escapes



without new desolations of purse and constitution. Such are the errors into which wealth, vanity, ambition, and a restless disposition, betray their thousand votaries."

Food, like physic, in order to be useful, should be simple and salutary, in which form it is more congenial to nature, than when wrought up into the most extravagant compounds. Food, as it comes from the homely hand of the housewife, is much better than when administered by a scientific cook. Hunger is the best sauce that can accompany a meal, and those who are sensible will never eat without it. The carter who smacks his lips over his cheese and onion, enjoys a pleasure that the epicure must sigh for in vain: should the former be unwell, his unlettered neighbour presents him with a medicine made up of a few herbs, and he speedily regains his health and appetite. This mode of supplying nature with food and medicine, is better than employing a salaried cook, and contributing to the support of an army of physicians, who inwardly laugh at the ignorance of their dupes, on whose folly and frailties they fatten and luxuriate; and when an honest man attempts to convince them of their error, (to give it no harsher name,) they at once exclaim, "for God's sake stop that fellow's mouth, or we shall lose our practice,"—thus uniting for the purpose of hunting down the individual, or suppressing his opinions.

I am about to present my readers with an extract, taken from a late number of the *Journal of Health*: it speaks so much to the point, that I would not willingly omit its insertion, for my advice has ever been—

"Seize upon truth where'er 'tis found,  
Among your friends, among your foes,  
On christian, or on heathen ground;  
The flower is divine, where'er it grows,  
Neglect the thistle, and assume the rose."

“ It is amusing to hear a nervous female, whose daily exercise consists in going up or down stairs two or three times per day, and shopping once a week, complain that she cannot preserve her strength, unless she eats freely of some kind of meat, and takes her potations of strong coffee twice a day, to say nothing of her porter and wine. The same erroneous opinion prevails more or less among all classes of the community. A child in the arms, it is thought cannot thrive, unless pampered occasionally with a leg of a chicken, or a piece of bacon, to suck or chew at. A boy or girl going to school, must be fed on aliment at dinner, perhaps at breakfast also, strong enough for a ploughman; the child, thus gorged, is crying and screaming every hour of the day. It is next attacked with convulsions, or diseases of the skin, or dropsy of the brain; the little personage going to school, complains of head-ache, is fretful and unhappy, and becomes pale and feeble; the poor books are now blamed for the fault of the dishes, the school is given up, and the doctor consulted as to the best means of restoring the dear little creature to health and happiness. The child having lost its appetite, can eat nothing, save a little custard cake, or at most some fat broth. Should the doctor tell the poor mother the truth, and request her to suspend the system of *stuffing*, and instead of giving her child strong food, give it nothing stronger than bread and milk, diluted with water, to be accompanied with daily exercise in the open air, she would be heard to exclaim in a tone of mingled astonishment and reproach, “ Why sir, you surely would not have me starve my child?” For the aid of all such mistaken mothers, I beg to state, that the majority of mankind do not eat any animal food, or if they do partake, it is very slightly, and at such long intervals, that it bears

no relative proportion to their other food, and therefore cannot be said to form the basis of their nourishment. In Asia, millions live upon rice, without any other accompaniment, save a little vegetable oil: the inhabitants of Italy, and Southern Europe, live principally on bread, made of wheat, or Indian corn, with lettuce, and similar vegetables mixed with oil; this constitutes the bulk of the food of the population: the Lazaroni of Naples, with forms so active and beautifully proportioned, cannot command even this frugal fare, their diet consisting of coarse bread and potatoes; their most luxurious drink being a glass of ice water, slightly acidulated: yet in Buckingham's Statistics, as given before parliament, we find that a porter in Rome, thus fed, will carry five hundred weight with the greatest ease. If the above evidence be not sufficient, look but to Ireland, and you will find that the peasantry of that country, who seldom partake of animal food, subsisting chiefly on potatoes, with sometimes an additional meal of fish, to which, if milk be added, it is deemed a luxury; yet where do we find a more robust or healthy population, or one that undergoes more fatigue, and exhibits at the same time, such powers of vivacity? What a striking contrast is offered in the condition of the Irish peasantry on the one hand, and the enervated Laplander, Esquimaux, Saïamodians, and others, who subsist entirely on animal food.

In confirmation of what I have previously said and written on this subject, I cannot do better than allude to the experiment made by that great statesman and philosopher, Dr. Benjamin Franklin, who, when working in London, as a journeyman printer, observed that his shopmates ate and drank most immoderately, from which circumstance, he was induced to try a lighter regimen. He began by breakfasting on a small basin of

oatmeal gruel, with a small piece of toasted bread ; at noon he dined off a biscuit, with a glass of water, and a bunch of vegetables, or fruit, and he again partook of the same for supper. By living thus, he found himself stronger and healthier than he had ever previously been ; and in the end, many of his shopmates were induced to follow his example.

Sir Isaac Newton adopted the above mode of living, and wrote a book in defence of it, which he styled his "Return to Nature," in which he gives it as his opinion, "that over-eating, not only impairs the health of the body, but that it depresses, and in the end, finally leads to the prostration of the mind." I cannot conclude this chapter, without adverting to my own manner of living ; my usual custom being to eat only twice a-day, and then sparingly ; by which means I have preserved to myself good health, and a natural supply of excellent spirits.

In confirmation of what is above written, I subjoin the following table, taken from a recent work, showing the comparative nutriment contained in different articles of food ; it is curious and interesting :—

Bones, . . . . .	510	Peas, (dry) . . . . .	930
Mutton, . . . . .	290	Barley, . . . . .	920
Chicken, . . . . .	270	Morels, . . . . .	896
Beef, . . . . .	260	Beans, (dry), . . . . .	890
Veal, . . . . .	250	Rice, . . . . .	880
Pork, . . . . .	240	Bread, . . . . .	800
Blood, . . . . .	215	Rye, . . . . .	792
Codfish, . . . . .	210	Oats, . . . . .	742
Sole, . . . . .	210	Almonds, . . . . .	650
Brain, . . . . .	200	Tamarinds, . . . . .	840
Haddock, . . . . .	180	Plums, . . . . .	290
White of Egg, . . . . .	140	Grapes, . . . . .	270
Milk, . . . . .	72	Apricots, . . . . .	260
Wheat, . . . . .	950	Potatoes, . . . . .	260
Nuts, . . . . .	930	Cherries, . . . . .	250

Peaches, . . . . .	200	Carrots, . . . . .	98
Gooseberries, . . . . .	190	Cabbage, . . . . .	73
Apples, . . . . .	170	Turnips, . . . . .	42
Pears, . . . . .	160	Melons, . . . . .	30
Beet Root, . . . . .	148	Cucumber, . . . . .	25
Strawberries, . . . . .	120		

Another element of health, and consequently of strength, is the facility of digestion. From Dr. Beaumont's Tables it appears that the following articles were converted into chyle, viz., digested, in the times indicated :—

	H.	M.
Rice, boiled soft, . . . . .	1	0
Apples, sweet and ripe, . . . . .	1	30
Sago, boiled, . . . . .	1	45
Tapioca, barley, stale bread, Cabbage, with Vinegar, raw, boiled Milk and Bread and Milk, cold, . . . . .	2	0
Potatoes, roasted, and Parsneps, boiled, . . . . .	2	30
Baked Custard, . . . . .	2	45
Apple Dumpling, . . . . .	3	0
Bread Corn, baked ; and Carrots, boiled, . . . . .	3	15
Potatoes and Turnips, boiled ; Butter and Cheese, . . . . .	3	30
Tripe and Pigs' Feet, . . . . .	1	0
Venison, . . . . .	1	35
Oysters, undressed ; and Eggs, raw, . . . . .	2	3
Turkey and Goose, . . . . .	2	30
Eggs, soft boiled ; Beef and Mutton, roasted or boiled, . . . . .	3	0
Boiled Pork, stewed Oysters, Eggs, hard-boiled or fried, . . . . .	3	30
Domestic Fowls, . . . . .	4	0
Wild Fowls ; Pork, salted and boiled ; Suet, . . . . .	4	30
Veal, roasted ; Pork, and salted Beef, . . . . .	5	30





## DISEASES,

### OR THE SEVERAL FORMS IN WHICH DISEASE PRESENTS ITSELF TO OUR OBSERVATION.

Under this head, I shall describe some of the most prominent features of disease, their cause, or origin, together with the remedies to be applied, and the means to be resorted to, in order to effect a cure. I shall advert to the mode of treatment made use of by the faculty, so that the public can investigate the claims of both, and give their verdict accordingly. In doing which, I shall write in plain understandable English, for I wish above all things to be intelligible to my readers. In perusing the following chapters, I would suggest the propriety of referring from time to time, to the chapter previously given under the head of the "REMEDIAL AGENTS OF THE SCHOOLS," where many of the Poisons made use of by the faculty, are alluded to.

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## CHAPTER XVII.

### DISEASES OF CHILDREN.

Children in civilised countries are more subject to disease than any other class; and one great reason is, a want of the required knowledge on the part of the parents, particularly the mother, of the nature and constitution of her child. From the moment the infant inhales its first breath, it is exposed to injury in the

shape of maltreatment from one hand or another ; no sooner has it launched its tiny bark on the waves of time, than the remorseless (because ignorant) nurse, grasps its feeble frame within her powerful hands, and swathes its tender form in innumerable bandages, until its feeble powers of animation are overcome by the weight of clothing thus cruelly heaped upon it. What an absurdity thus to torture an infant by defending it with as many garments as a sledge driver would require, when about to explore the frozen regions of Nova Zembla. No sooner is the dressing well over, than assault number two comes on, in the shape of a dose of physic, just (as the nurse says), "to open its bowels, a dear little creature." Next follows a dose in the shape of melted butter, mixed with sugar, to prevent the sprue, or sore mouth : thus, through ignorance, the poor little innocent is punished and tormented : for all the things above enumerated are unnecessary, and in most cases, highly injurious. For clothing, an infant requires nothing more than a light and easy garment ; and as for physic, nature has supplied that with the milk of the mother, which is the only medicine a new-born infant requires. An over-anxiety on the part of the mother, or nurse, often proves injurious to the child, which for several weeks after its birth, is not only oppressed with the weight of its clothing, but is literally stewed between blankets, so that not a breath of air must come near it, lest the dear little darling should take a cold ; yet as if in order to ensure its doing so, the little sufferer is incautiously taken out of its warm bed, and dandled on the knee of every complimentary visitor ; it is then handed round the room, some of the guests exclaiming, "that it is vastly like its papa ; only look at its eyes ; let us take it to the window ; bless us, how beautiful ! O, how very lovely !" and

thus the weak vision of the child is made to endure the full glare of light streaming upon it, enough to blind it, not to speak of the danger consequent upon dandling it about the room, wafting it here, and swinging it there, when its whole system had previously been so much overheated.

Would that nurses, and mothers especially, would learn from nature how to treat children, very many of the ills of life might be happily avoided. Mark how Providence has made a provision for the inferior animals, many of which, when they enter the world, have a membrane or curtain spread before their eyes, which gradually open; thus the dog and the cat, for the purpose of avoiding the light, seek dark and obscure places, and their progeny never, unless carried, approach a strong or glaring light, until the organs of vision are strong enough to bear it. When a child is healthy at birth, it needs no physic, save the breast of the mother, which, as Dr. Buchan says, "is better than all the drugs in the shop of the apothecary." In fact, when the mother and child are well, I never allow the child to partake of anything save the breast.

#### APTHÆ INFANTI, THRUSH OR SPRUE.

This disease in children is generally brought on by some derangement in the stomach; it makes its appearance in the form of a white coat or lining, covering the whole surface of the mouth, and is generally very afflicting. To remove it I would advise a tea to be made of red raspberry leaves and agrimony, equal parts, well sweetened with honey; if necessary a little senna may be added, in order to keep the bowels open; for a gargle, or wash for the mouth, take one tea spoonful of Peruvian bark, and half a tea spoonful of gum myrrh,

finely pulverised ; steep them in two ounces of water, and sweeten well with honey : with this wash the mouth three or four times a day. Instead of the above the regular treatment of the schools, is confection of roses, alum, diluted sulphuric acid, and tincture of myrrh.

## DENTITION, OR TEETHING.

On this subject I materially dissent from almost all the doctrines of the schools, and having to encounter the prevailing opinions of the day, I shall endeavour to convince my readers of the justice of my position, before proceeding to any other consideration.

In the first place, I maintain that teething, or what is meant by saying that a child is about cutting its teeth, is a natural operation, or the fulfilment of a law imposed by nature ; it therefore cannot with justice be termed a disease. The faculty regard it as a period fraught with danger to the life of the child. Dr. Thomas says, " of all the occurrences to which children are liable, not one is attended with such grievous and distressing consequences as difficult dentition." I, however, dissent from the above opinion ; nay more, affirm that children are not sick from cutting teeth ; for Providence having decreed that the teeth should appear at a certain age, it is, as I before stated, one of nature's fixed and unalterable laws ; and children, brought up in strict accordance with these laws, are not visited with any particular sickness during the process of dentition. Even in this country, children of a robust and healthy habit get their teeth without any perceptible pain. Ask an Indian mother if her child had suffered much whilst cutting its teeth, and she would smile at your simplicity. Would you know the cause of your

child's illness at this period of its existence?—listen then, fathers and mothers, you who are most interested in the health of your offspring; you are yourselves the innocent cause of its illness. You must remember that at this stage of the child's existence, having just been weaned, or taken from the breast of its mother, instead of giving such food as in its nature nearest approaches to the milk of the mother, you, forgetting that its stomach is too weak to digest strong food, and that having no teeth it cannot masticate it—forgetting that its diet should never be stronger than bread and milk—in a word, regardless of all these things, you fill the child with potatoes, and bread, and soups, in fact with a little bit of everything that is going; and some foolish parents add even wine and beer. No wonder that the child is ill—that it looks so pale—and that its growth is arrested. Why then should we wonder at its teeth not appearing at the proper time? the only wonder ought to be how the child has managed to live at all, with such a quantity of strong food in its stomach, which it is incapable of digesting. Would you save your child?—if so, cease to stuff it, cleanse its bowels by administering proper medicines: feed it on bread and milk, and nature will soon complete the cure. Parents should attend to this advice, as they have the power at all times of correcting this evil. How many thousands of children have perished that have thus been neglected, because the doctors have deceived the parents by preventing their becoming acquainted with the cause. What would the admirers of Dr. Thomas say, if told that there was no period of a child's life more grievous than when its bones were growing, or its hair, or its nails: they would doubtless laugh at me, as all deserve to be laughed at who propagate such erroneous opinions.



When in America, I once asked an Indian mother of the Choctaw Tribe, "if her children were sick when cutting their teeth?" she looked at me with all the quiet majesty peculiar to that race, and asked of me in reply, "*are the calves sick!*" Her answer confounded me; and I stood rebuked in the presence of that unsophisticated child of nature. Yes, my readers, that poor wandering savage knew more of nature and its operations than the modern professors of philosophy, who appear to have lost sight of nature's unalterable and immutable laws, in their flimsy and fanciful speculations. One of the most absurd and cruel practices made use of by the faculty, is to cut or lance the tender gums of the infant, in order, as they say, to facilitate the growth of the teeth, or make an outlet for them, as though the soft and spongy gums could offer any resistance to the sharp-pointed ivory that rises almost imperceptibly through them. But this is like most of their practices. How far will they go in order to hood-wink and deceive the public!

### VERMES, OR WORMS.

There are three kinds of worms said to infest the human body, namely, the ASCARIDES, or small white worm, the TERES, or round worm, and the TENIA, or tape worm. On this subject I also dissent from the opinions and practices of the schools, for I do not believe that worms are the primitive cause of disease, nor do I know a subject on which so much ignorance has been manifested by the faculty as this. Thousands of medicines have been invented, and are daily administered, under the name of vermifuges, or *worm medicines*, to the use of which may be traced the death of thousands, who have perished whilst labouring under the

worm delusion. That worms exist in the human system I admit, particularly in children; but I always like to probe every difficulty to the bottom; and as there must be a cause for every effect, and as the cause of worms cannot be better explained than in the language of Dr. THOMAS, I shall give his opinion in his own words. He says, "that unwholesome food and a BAD DIGESTION seem to be the principal CAUSE OF WORMS; they appear most frequently in those of a relaxed habit, and whose bowels contain a preturnatural quantity of MUCUS, or SLIMY MATTER; hence it is a disease most common to children." Now, my readers, you are in possession of the whole secret. Worms are caused by indigestion and unwholesome food: then the best way to get rid of them will be to cleanse the system, and restore a healthy digestion. For years, I have laboured from the platform, to impress this fact on the public mind. I have again and again stated, that the only rational way of removing worms from the human system, is by producing a healthy digestion, or in other words, destroying the cause, that the effect may cease altogether.

The symptoms generally pointed out as indicative of worms, are picking of the nose, grinding the teeth during sleep, foul breath, griping in the stomach, &c.; all of which accompany a deranged state of the digestive organs, and these evils are generally increased by the administration of what are called WORM MEDICINES. I am of opinion, that when such medicines are given to children in perfect health, a general derangement of the system must soon follow: to improve digestion, and destroy the cause, make a medicine in the following manner:—

Take a piece of quick lime about the size of a nutmeg, and let it dissolve in a pint of water; of this let the child take a table spoonful three or four times a-day,

for two days in succession. This will produce a chemical action on the cold slimy mucus in which the worms exist. Follow up this medicine with another made of wormwood, bogbean, raspberry leaves, oak bark, and ginger root, half an ounce of each article; steep the whole in one pint of water, boil it a few minutes, then strain it, and add one ounce of the best Spanish juice; give from a table spoonful to half a wine glassful of this three or four times a day. If the bowels are not relaxed, add half an ounce of senna, or rhubarb, (which in some cases is preferable to the former), to the above mixture. Let the food of the patient be light and of easy digestion, and the worms will not only disappear, but the health of the sufferer will be speedily restored.

[TREATMENT OF THE SCHOOLS.—Tin filings, submuriate of mercury, castor oil, cowhage, Indian pink root, or spigelia, rhubarb, and jalap.]

### ASCARIDES, OR SEAT WORMS.

An injection of raspberry leaves and wormwood, with a small quantity of cayenne pepper, seldom fails to remove them. Children are also subject to certain contagious diseases, which in the present state of society, there is no avoiding; we must therefore avail ourselves of the best means of averting or alleviating them. The first that I shall describe, is—

### VARIOLA, OR SMALL POX,

CLASSED BY THE SCHOOLS IN THE ORDER OF  
ERUPTIVE FEVERS.

This disease is one of the most desolating scourges that has ever visited the family of man. For ages, its ravages were unchecked, since medicine failed to

counteract its influence, and the skill of mankind was exerted against it in vain. It has been said to exist in China, and Hindostan, from the remotest antiquity, whence it made its way into Africa. Sometime about the eighth century, it presented itself in Europe; in the tenth, it reached England, where its ravages produced the most terrible effects; and lastly, it was carried by the Spaniards to Hispaniola, in the sixteenth century. It soon made its appearance in Mexico, and speedily diffused itself over that vast hemisphere.

THE SMALL POX is classed under two heads, namely, the distinct, and the confluent; in the former, the eruptions are separate, or apart from each other; in the latter, they amalgamate, or mingle together; the confluent is therefore considered the most dangerous, as it generally proves most severe. The symptoms that generally precede this disease, are redness of the eyes, soreness in the throat, pains in the head, back, and loins, alternate chills and burnings, weariness, and faintings, with excessive thirst, nausea, inclination to vomit, and quick pulse. My readers will do well to bear in mind this description of its symptoms, as I shall have occasion to refer to them again, when I come to speak on fever. Having attended to the symptoms as above described, what inference will be drawn by those who have thus far accompanied me, in what I have explained to be the principle of life? What antidote shall we apply in order to mitigate and destroy the fury of the disease, which is no other than the highest state of canker, or putridity, to which humanity is subject? To understand its nature aright, and to treat it rationally, must next engage our attention. Upon its first appearance, I would recommend a mild treatment, such as not to confine the patient in too warm a room, let the temperature range at about sixty degrees;

administer at the same time, mild stimulants, such as pennyroyal, and ginger root, made into a tea. When the pustules have filled, and the disorder reached its height, then administer an emetic of lobelia, with cayenne pepper, accompanied with a strong decoction, made of the tonic and astringent herbs, with cayenne, or ginger root. During the first days of its appearance, vervain, made into tea, may be used freely.

Sometime in the spring of 1840, when residing in the town of Hull, I was called in to attend a case, the particulars of which, may interest my readers. Mrs. Wilson, the wife of Mr. John Wilson, who resided at No. 49, Alfred Street, was seized with the symptoms as before described; for several days she was very ill, nor could I tell what form of disease she was labouring under, more than a fever. I administered stimulants and astringents; but not succeeding according to my wishes, I took a large handful of vervain, and another of pennyroyal, and made therewith a quart of strong tea, of which she took half a wine glass-ful every hour. A hot brick was applied to her feet, wrapt in a cloth wet with vinegar; in three hours, perspiration began to appear, and with it, the small pox. Previous to which, it was the universal opinion, that she could not survive twelve hours, but in one week from that time, she was convalescent. Before leaving the town of Hull, I published a work on the Natural Pathology of Disease, in which was given a certificate of the above fact, signed by her husband, bearing date, June 3rd, 1840.

It is proper here to state, that cleanliness in all things is indispensable in this, and in fact, in every other form of disease.

[TREATMENT OF THE SCHOOLS.—Tartarised antimony, areated potass, opium, &c.]



## INOCULATION.

Experience has fully proved, that the violence of the symptoms are lessened in a great degree, by applying the variolus matter to a scratch or wound : why this occurs, or why the human system is thus fortified against future attacks, has never yet been fully explained. Much opposition was raised against inoculation upon its first introduction, but it having been clearly shown, that nineteen died out of every hundred that took the disease in the natural way ; while only one died in every six hundred that took it artificially, or by inoculation, its advantages soon enabled it to triumph over opposition. However, with most of the faculty, I would recommend the kine, or cow pox.

## VARIOLÆ VACCINÆ, COW OR KINE POX.

The discovery of this disease, like many others I have previously described, was accidental, and may be justly termed one of the gréatest blessings. It was found to exist on the udder of the cow, in the form of pustules, or little sores, from which it communicated itself to the hands of the milk-maid, producing on them a similar effect, but in a milder form. Its appearance on the skin, the mark left, and all the connecting circumstances, came under the observation of Dr. Jenner, who, after many experiments, founded on the above accident, succeeded in bringing it fairly before the public. He, like all who have dared to act independent of the opinions of others, met with the most formidable opposition from the faculty ; but his perseverance enabled him to overcome the reasonings of his powerful opponents, who were compelled not

only to adopt his theory, but finally to assist him in carrying it out.

That great destroyer, the small pox, had no longer a course to run, as had generally been believed, for whenever the new discovery was applied, it finally stayed the disease. The whole family of man has much reason to be grateful for such a valuable discovery: but the greatest benefits are generally followed by an amount of evil; for it has often happened, that the virus which has been used, has been taken from the arm of some subject whose system has been previously tainted, or poisoned with scrofula, scurvy, erysipelas; or what is equally bad, deleterious drugs: so that that which was intended to be a blessing, has in many instances proved a bane; and many that have come under my own observation, have thus been hurried to untimely graves, or had their constitutions impaired for the rest of their days. I would therefore caution the public against the use of the *VACCINE VIRUS*, unless they can be certain from what source it comes. To avoid all danger, I would recommend it to be taken from the udder of the cow, where it appears on the teats, in the form of *vesicles*, or tumours, of a blueish colour, approaching to livid; these vesicles are elevated at the margin, and depressed in the centre; they are surrounded by inflammation, and contain a limpid or watery fluid, which is not to be obtained at all times, but generally to be found when quantities of cattle are kept together. All the pustules or sores are not to be relied on for communicating the disease.

The first thing to be done, is to obtain some of this fluid from the vesicles of the udder, then puncture the skin slightly on the arm, with a crow quill, sharpened fine like the nib of a pen, or tooth pick; dip it into the fluid, and insert it under the skin where you have

previously made the puncture. The fluid, to be good, should be perfectly transparent, and if from the arm of another, it should not be taken after the ninth day. To preserve the matter, let it dry gradually, then put it into a dry bottle, well corked at the mouth. During the first eight days the patient should be shielded from cold. A medicine made in the following manner will be good:—take of vervain, agrimony, and ground ivy, one handful each; steep them in a quart of water: you may add a little rhubarb root, or senna, if the bowels require it; half a wine-glassful of this may be given as a dose; for an adult, a little ginger root may be added.

### VARICELLA, OR CHICKEN POX.

A disease to which children are subject, though never considered dangerous. It would be scarcely necessary to treat on this disease at all, were it not sometimes taken for the small pox, from which the most disastrous consequences have at times resulted. A close observer can never be deceived in the appearance of the two, since one is accompanied by fever, and the other is not; yet it is notorious that the learned and scientific, as they are called, have not only endangered human life, by mistaking this and other diseases, but many of them have perpetuated their errors by attempting to defend their ignorance. However, I deem it my duty to expose their errors on the one hand, and reform their abuses on the other. Hear what Dr. Thomas says respecting varicella:—

“We have great reason to suppose that the chicken pox has not only been taken for the small pox, but that its matter has been used for that of small pox in inoculation, to which may be ascribed many of the supposed

cases of the small pox having appeared a second time in the same person." The treatment of this disease is to keep the patient warm for a few days, taking care at the same time to keep the bowels gently open.

### RUBEOLA, OR MEASLES.

This disease is an infectious inflammatory fever, attended by cough and sneezing, discharging thin humours from the eyes and nose, with a determination of acrid matter to the surface of the body, covering it with red spots, which finally disappear in fine meally dust on the surface of the skin. Like the small pox, the measles are dreaded, in consequence of the derangement left in the system, such as scrofula, dropsy, &c. ; but I believe these maladies are produced, or considerably augmented by the application of improper remedies, such as cold deadly poisonous drugs ; (which see at the end of this article) these evils are heightened, when professedly learned doctors take the symptoms of one disease for that of another. The admission of Dr. Thomas, who says " that scarlatina sometimes resembles the measles so exactly as not to be easily distinguishable," speaks volumes against the practice pursued by the faculty. I have had much experience in these matters, and can confidently assert, that I never lost a patient in the measles. My invariable practice is to give *cooling* medicines, or such as have a tendency to keep the surface cool ; which can never be accomplished unless pure stimulants only are used ; for this disease being a high state of canker, it follows, that the vessels are coated, and the circulation, of necessity, obstructed : a fact which should always be borne in mind. Such medicines as are good for canker should at once be administered, and the perspiration kept to the surface ; if

these things are promptly attended to, the violence of the disorder will be generally overcome. For children, prepare a medicine in the following manner:—

Take of pennyroyal a handful; red raspberry leaves a handful; ground ivy a handful; clivers a handful; add half an ounce of ginger root; and should the bowels require it, one quarter of an ounce of senna; steep the whole in one quart of water; strain, and sweeten with sugar: give for a dose, from a table-spoonful, to half a wine glass-ful, as the case may require.

[TREATMENT OF THE FACULTY.—Ammonia, spirits of nitre, æther, tart antimony, zinc, opium, camphor, foxglove, syrup of poppies.]

### SCARLATINA, OF SCARLET FEVER.

This disease might with great propriety have been classed under the head of the chapter on fever, but as many of its symptoms are somewhat peculiar, it is better to treat it separately; and as it generally attacks the young, I could not have assigned it a more fitting place than here.

I have oftentimes mourned over the ruin that this terrible destroyer has created in the circles where youth and loveliness are generally found. Like Egypt's destroying angel, it has not only smitten the first-born, but at times its blighting hand has fallen on every youthful member of the family. How many parents have had their earthly hope snatched from their embraces, when the skill of the faculty had been exerted to save them in vain? In the year 1840, about six hundred of these little helpless innocents perished of this disease in the town of Hull alone: some families were at that time bereft of all their offspring: one lost seven,



another five, and many two or three : so that to point out a safe and simple remedy, and one that can be placed within the reach of every mother, will doubtless be deemed a great and valuable boon. Mothers, whose hearts are enfibred with their offspring, will, I am sure, be grateful ; nor will the fathers be indifferent, for what language can express a father's love for his child ?

When this disease was raging so violently in Hull, I lost only one patient, and that one had so far recovered as to be able to go about, but by sitting incautiously on the door step, took a cold, which terminated fatally. This disease is divided by the classical, into three kinds ; when free from ulcerations of the throat, it is called *scarlatina simplex* ; when attended with ulcers, it is called *scarlatina anginosa* ; and when it assumes a malignant putrid form, it is called *maligna*. Let not the reader suppose that I have given the above names in the hope of adding to his wisdom, no such thing ; for as has been shown you in the chapter on measles, the very men who arrange and class the diseases, are at times so ignorant, as to mistake one disease for another. My only reason for quoting the above names is, that I may convince my readers of the folly of all such arrangements ; for all the symptoms, or forms of this disease, are, like the pangs of the tooth-ache, differing only in degree or quality. The paroxysms of the tooth-ache at times, all but disappear, and after a time return with redoubled fury ; yet we should certainly doubt the wisdom of the doctor, or dentist, who would venture to tell us that they could neither prescribe for, nor extract the tooth, without first knowing the exact amount of pain the patient had been enduring. *Scarlatina*, like the measles, is a high state of putridity, and is most malignant in what are called open, or unhealthy seasons, prevailing most in autumn, and the



moist, or warm part of winter. Like the measles, it attacks indiscriminately all ages; but children and young persons are more liable to take it than others. Although the faculty regard this disease with so much dread, yet by using proper remedies, its violence can be abated without much difficulty, even in the worst of its stages. In the year 1828, I was called in haste to see a child said to be dying; and when I arrived, I found that the rash, or redness, that generally attends this disease, had struck in, by the child's having been incautiously exposed to the cold, which threw the little sufferer into convulsions. Her jaws were firmly fixed, and the entire surface of her body was of a purple hue, with every appearance of speedy dissolution. I administered lobelia tincture, which is made in the following manner:—take of the pulverised herb, a teaspoonful, with half a teaspoonful of valerian root, mix both in two ounces of good vinegar: to a child four years of age, a desert-spoonful may be given; the dose to be reduced when given to a younger child. In this case, I placed the child on its back, and poured the tincture into its mouth; in thirty minutes from which time, it was perfectly sensible; and the next day so far recovered as to be able to sit up and eat, though many had died that year under similar circumstances.

When I prescribe for young children in this disease, I use freely red raspberry leaves, and pennyroyal. Lobelia I have always found an excellent specific; and when the above-stated quantity has been given as a dose, it should be repeated until the patient vomits freely. In the meantime, the child must be kept warm, and a hot brick applied to its feet, wrapped in a cloth wet with vinegar. After the emetic has taken effect, sponge the entire surface of the body with vinegar; and when the fever has abated, give freely of the bitter

compounds, as also of the diuretics, to cleanse the system, and expel from the body such gross humours as might terminate in dropsy or consumption, if not attended to.

[The faculty treat the above by blistering, and in some cases, bleeding the patient: their medicines are antimony, sub-muriate of mercury, rhubarb, jalap, and a cooling regimen.]

### PERTUSSIS, OR WHOOPING-COUGH.

A convulsive cough, interrupted by loud inspirations, or a catching of the breath. This disease like every other, originates in a "derangement of the system, or some particular organ," but like the small pox and measles, it never troubles us a second time. This fact, as I before stated, cannot be accounted for, but it is nevertheless true. It is accompanied by a morbid irritation of the stomach, together with a thick phlegm which lodges in the pipes and air vessels connected with the stomach and lungs, from whence originates the difficult respiration, when nature makes an exertion to remove it by coughing.

Its first appearance is marked by an oppressed and difficult breathing, accompanied with thirst. These symptoms are followed by hoarseness, cough, and difficult expectoration, which generally continue for twelve or fourteen days, when the disease puts on its peculiar form of whistling or whooping, with every respiration. Though not a fatal, it may justly be called a very distressing disease, and is often attended with bad consequences, if not properly attended to. With young children, it sometimes has a fatal termination; and should the patient take cold when its symptoms have recently disappeared, it returns with all its former

violence. Of the many diseases that I have grappled with, there are none less to be feared than this, for remedies can be administered that will readily abate its worst symptoms. The faculty would have you believe that it must run on for six weeks until it reaches the crisis; but I have often cured the patient effectually in half of the time. I cannot omit to state here, that the doctors in prescribing for this disease, frequently give such medicines as leave the patient labouring under either asthma, pulmonary consumption, or an impaired and deranged digestion, any of which are more difficult to remove, and more to be feared than the original disease. The remedies that may be used are the following:—take vervain, wake robin, or wild turnip, red raspberry leaves, poplar bark, and valerian root, half an ounce of each: steep them in a pint of hot water, strain it, and add one table spoonful of honey, and two table-spoonsful of the acid tincture of lobelia; for a dose give a tablespoonful each day, and from a tea to a table spoonful every two hours while the symptoms are violent. Give enough of lobelia to produce vomiting, and follow it up with astringent medicines. Also give cayenne at intervals, as follows:—for young children, steep half a teaspoonful of cayenne, and half an ounce of cloves, in four ounces of boiling water, to which add half an ounce of the best Spanish juice, and one ounce of treacle: give a teaspoonful of this every three hours, or when the fit comes on, taking care that the patient does not take cold. Use sufficient medicine to open the bowels, but not to purge violently; keep at the same time the patient in a perspiration. This, if rightly applied, will effect a cure in a short time; but the patient must not be exposed to the changes of the weather whilst taking the medicine.

Some years ago, a paragraph appeared in the London

Journal of Health, saying, "that lobelia inflata was a safe and certain cure for the whooping-cough." Stating at the same time, that it would cure it in a few days; yet the disease is at this present time as formidable as ever. Do the doctors attend to the advice above given? Not they: if we look at their mode of treatment pursued at this very time, we shall find it entirely at variance with the animal economy, and the principle of life.

[TREATMENT OF THE SCHOOLS.—Frequent bleedings, blisterings, rubbing with irritating embrocation, made of tartarised antimony, and tincture of Spanish flies; and for internal medicines, compound tincture of opium, tincture of Spanish flies, hemlock, extract of henbane, belladonna, and prussic acid.]

N.B.—Let fathers and mothers think on the fearful destruction of human life, that must of necessity accompany the use of these fatal poisons.

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## CHAPTER XVIII.

### DYSPEPSIA, OR INDIGESTION.

This is a deeply-interesting subject; for there is not a form of disease to which man is subject, that prevails to a greater extent, or that so much retards the removal of other forms of disease, all of which, more or less, are accompanied by it: and unfortunately, the medical faculty have been compelled to admit, that they neither understand its pathology, nor has their utmost skill enabled them to devise a cure.

Dr. Andrews, when treating on this subject, says, "Indigestion is without doubt the most frequent of all

diseases ; it occurs in every country, in every season of the year, and in every class of the community. Although it is devoid of the dangers which accompany other diseases, it is notwithstanding equally annoying to the patient, destroying many of the sources of his enjoyment. Physicians have for a great length of time made this disease the subject of enquiry, but it yet remains involved in much obscurity ; its pathology is little understood, the method of its treatment imperfectly known, and the greatest difference of opinion exists, regarding the extent to which its influence operates in producing other diseases.”—*Cyclopædia of Domestic Medicine*, page 527. Dr. Buchan says, “the people of this country are more subject to this disease, than any other.” However much we may regret the justice of the above observations, we have not much reason to feel astonished, when we call to mind how much the doctors have contributed to the establishment of this terrible disease, by administering unwholesome drugs to their patients. In order to remove some particular form of disease, they have so drenched the stomach with poisonous compounds, that their victims have ever after had to complain of bad stomach, bowels, or liver. I have often heard my dyspeptic patients say, that their stomachs would never digest their food, or they have never regained their former appetite, after having been physiced for a fever, or some other complaint, probably many years before. This is not to be wondered at, for the faculty not only surfeit their patients with drugs, but they salivate them so frequently, that the only wonder should be how so many survive such treatment at all. It is not surprising to me, that so many thousands complain of chronic debility, for the medicines used to remove certain diseases, very often produce others of a far more dangerous character than



the first, (see chapter on the "*Remedial agents of the Schools.*") Well might Dr. Andrews say, "that the method of treating this disease was but imperfectly understood."

The process of a healthy digestion may be classed under four heads, namely, mastication, or chewing the food, or grinding and mixing it with the saliva: the glands of which coming in contact with the food, are stimulated, and discharge a fluid, which cannot be dispensed with in the process of digestion. Secondly, the food thus prepared is carried into the stomach, where it mixes with the juices provided for the purpose; and where, in the third place, it is detained for a certain period, in order to bring it gradually in contact with the coats or lining of the same, so that it may receive the requisite quantity of gastric juice. The fourth stage consists in passing off the chyme or food, thus operated upon in the stomach, through the pyloric valve, into the duodenum, or upper intestines, where it receives the bile and the secretions of the pancreas: these separate the nutritious portion from that which is intended to pass off as refuse by evacuation, through the agency of the bile, which acts as the natural physic of the body, by assisting in carrying out of it all that is not required for its sustenance or future support. When in perfect health, the whole of the digestive process is completed in from three to five hours after the food is taken. All the above operations are necessary in order to sustain and perpetuate our existence. Our attention should next be directed to the nature and quality of the substances used as food, which should always be such as will most easily assimilate, and conform to the laws that govern the animal economy. (See chapter on Diet.) It should be taken at proper times, and in proper quantities, and should also be



rightly prepared. How essential, then, that mothers, whom nature has appointed to superintend our early existence, should above all, be instructed in these matters.

When the body is diseased, or any of its functions impaired by sickness, we should be careful not to take as medicine such articles as are known to be injurious to the digestive organs. Some of my readers may perhaps ask me how they are to know what the doctor gives them, when his prescription is made out in such a way that none, save the faculty, can comprehend its meaning? I can only reply to this question by saying, that you ought to know my principal reason for writing this book, is to emancipate the public from the yoke they have too long borne: but I again repeat, let the doctors say what they may, those who value their future health, will never tamper with their constitutions by taking into the system such drugs and compounds as are calculated to cut off the current supplies, for if this be done, health and future happiness must assuredly suffer.

Many and various are the causes that tend to indigestion in this country. Dr. Andrews gives it as his opinion "that all men are subject to it." I however hold an opposite one, for those who live in a natural, or uncivilised state, never suffer from indigestion. I have travelled much amongst the Indian tribes of America, and I never met with a single instance of an Aboriginal suffering from this disease, unless he had in some measure adopted the habits and customs of civilised nations. The savage roams his native wilds, living only, when in a natural state, 'on the fortunes of the chase: he is not killed with ennui, or tortured by indigestion; the air he breathes is pure—the food he partakes of homely—his exercise ensures

him an appetite ;—his body is therefore as free from disease as the deer or buffalo that he chases with so much delight. Nor does he ever, until he begins to imitate the falsely-termed children of science, know a single disease, or dread the approach of a solitary pain.

In this country there are innumerable causes for the prevalence of dyspepsia, each, of itself, sufficient to produce it in one form or another ; one of the most fertile of which, is the practice of medicine, as exercised at the present day, to which I have already made allusion. Another cause is the consumption of too much food, or partaking of it in great quantities, or, in other words, eating too much, and too often, without duly masticating it : eating late suppers are equally bad, for when the food has become chyle, or separated from that which is not required, it is taken up by the lacteals, a large number of vessels so called, because they receive the chyle or milky substance that has been set apart, or selected for the nourishment of the body ; which substance is next conveyed into a vessel called the *thoracic duct*, situated behind the region of the stomach, near to the back bone, from whence it is transferred to the left jugular vein, near the neck ; it then passes onward to the lungs, to receive its portion of oxygen. It has now gone through the entire process, having been transformed, or transmuted from food into blood ; this done, it passes on to the left side of the heart, by which it is driven through the arterial canals, and conveyed or circulated to the extremities of the body ; without which the living power or vital energy could not be maintained. This fact was established by the illustrious Dr. Harvey, when he discovered the circulation of the blood. The blood thus carried through the system, leaves in its progress a deposit, wherewith to renew the parts that are being continually carried away by the absorbents. These

deposits are principally made during sleep, or when the bodily functions are in a state of comparative repose; and if at this time the stomach be overloaded, or crammed with food, it follows, that the work of digestion must be going on while the deposits are being made, instead of allowing the stomach to rest. While the repairs in the human machine are going on, we place upon the engine a double load, the whole of the machinery is thus thrown into confusion, and the object for which the food was intended is materially frustrated. In order to avoid this evil, I have always advised my friends to take their supper in the morning: some persons have asked me, if after a hard day's work I would advise them to go to bed without taking supper? To all such questions, I reply, certainly; make the trial, and you will eat your breakfast with a relish in the morning. Parents should never allow their children to go to bed with a full stomach, if they wish to see them strong and healthy: let fathers and mothers look to this, and their children will neither be troubled with worms, or sick when teething.

Another prolific source of indigestion, is the constant use of irritating drinks; (*I have previously alluded to this subject, under the head of "Alcohol"*) but the faculty not only advise their use, but the custom of the country, in a great measure, sanctions the same. I feel induced to throw, if possible, still greater light on the subject, in order to promote, as far as my means will enable me, the health and happiness of mankind. I have before told you in this chapter, how the blood is manufactured from the food taken into the stomach; for which purpose, no liquid, save water, is required, and every other substance taken into the system, unless its parts contain nutrition, such as milk, &c., is injurious, inasmuch as it retards, in some measure, the

process of digestion. Hence it follows, that fermented liquors are not only unnecessary, but injurious to partake of : and this remark applies equally to every article that contains alcohol, or the spirit of wine, the use of which tends, in no small degree, to injure that beautiful fluid, the blood ; on the purity of which, life, health, and happiness are mainly dependant.

It is generally believed that ale and beer, including wines and spirituous liquors, contain a strengthening principle ; but this is not the case, for the body can receive no strength from any substance, except such as will assimilate with, and by amalgamating become a part of it. When the digestive organs are deranged, something must be given to correct them, so as to allow the food to digest. The general plea used, is that the bitter principle contained in malt liquors is good for health. If this be true, why not make use of the bitter herbs which contain no poisonous alcohol ; for it should be borne in mind, that all kinds of spirits when taken for the purpose of relieving indigestion, or any of its symptoms, invariably tend to increase them. Dr. Buchan assigns as a reason why the English suffer more from indigestion than any other people, "the free use of malt liquors, and eating late suppers !"

Another cause of indigestion is the use of tobacco. Smoking and chewing this narcotic poison, is a custom almost universal both in this country, and in America ; the baneful effects of which cannot be too severely censured. In my lectures, I have again and again reprobated it, and as this work will enable me to caution thousands, who could not be admonished from the platform, I here repeat, that the daily use of tobacco, is of itself sufficient to account for every stage of indigestion. In the first place, the food before it enters the stomach should be masticated and saturated with the salivary

juice, which process is essential to the health of the body. Secondly, any stimulant acting upon the glands, and causing them to be continually discharging their contents, must certainly reduce the stock, and rob the stomach of so much of this valuable fluid. This folly may be compared to attempting to run a locomotive engine, without oiling its parts. How, I would ask, is the friction to be overcome? and how are we to keep up its speed? And what would you say, if the engineer told you he had oiled the rails, instead of the axle tree? You would probably think the fellow had gone mad, or he would never be guilty of such incomprehensible folly. I will however suppose every tobacco smoker to stand in the position of the engineer; and ask what does he do with his oil, (*i. e.*) his saliva? Why he mixes it with a poisonous weed, and then deposits it in a spittoon, or disgustingly covers the floor with it. An American captain once called upon the celebrated Dr. Abernethy for advice, his complaint being dyspepsia; "what must I do doctor?" said he, at the same time turning over a large quid of tobacco in his mouth, and discharging a quantity of the nauseous fluid upon the floor. The doctor held out his hand for the fee, which having obtained, he looked steadfastly at the wondering patient, and said, "keep your saliva in your mouth to moisten your food with, and don't squirt it upon my carpet, which does not require it."

How lamentable to think that the toilers of this country, who have to struggle against so many privations, should consume such an enormous quantity of tobacco, that the amount paid upon it is nearly half a million sterling per annum. Truly Sir Walter Raleigh, who first introduced it into this country, in the reign of Elizabeth, entailed upon his countrymen a severe and dangerous penance.



Another cause of indigestion is breathing in a confined and impure atmosphere. In large towns, where so many human beings are crowded together in cellars and miserable apartments, it is no wonder that this disease so extensively prevails. Happily, however, a public opinion is now being formed, that will tend very much to remove these evils: public baths, parks, and promenades, are about to be formed, which will have a direct influence on the health of the next generation. Good water, wholesome food, pure air, and exercise, without which a healthy action in the system cannot long be maintained, are worth more than a legion of doctors. Every daily and weekly journal teems with advertisements of medicines, each professing to be a speedy and effectual cure for indigestion: we have pills, lozenges, wafers, cordials, syrups, and a thousand other specifics, all of which are described with as much pomposity, as though every pill came from the hand of a conjuror. Should a few hypocondriacs find a temporary relief from the use of these *never-failing nostrums*, the proprietors are in ecstasies; another puff appears in the newspapers, headed "*wonderful and miraculous cure!*" because the nostrum venders know full well, that it is an extraordinary circumstance indeed, if any person receives a benefit from the use of their medicines.

The mode of treating dyspepsia, or indigestion, is as follows:—As the disease is attended by costiveness, commence operations by restoring the bowels, as soon as possible, to a natural and healthy state of action; when practicable, always avoid purging over much. Make a medicine in the following manner:—Take of centaury, red raspberry leaves, and barberry bark, each half an ounce; steep them in a quart of boiling water, boil and strain it, next add a quarter of an ounce of cayenne pepper; of this, let the patient take half a



wine-glassful four times a day. Or take centaury, bogbean, Peruvian bark, and ginger root, each half an ounce; steep as before: this will be found good when the bowels are too much open. Sometimes the disease assumes such a form as to require an emetic, in which case, give half a teaspoonful of the pulverized herb of lobelia, with the same quantity of cayenne pepper, in a tea, made of raspberry leaves; after which, apply the vapour bath, and then the mixture described before. Should the disease have been a long time confirmed, you must patiently persevere. The medicine must have time to penetrate fairly into the system, before we can reasonably expect a cure. Some persons, after having paid scores of pounds to doctors, who could do them no good, have applied to me, and obtained a single bottle of medicine, from which solitary bottle, they expected to receive a cure. To all such I would say, that the means laid down in these pages, will probably cure sooner than any other; but no one should expect miracles to be wrought, as nature cannot be urged beyond her speed. The faculty use more drugs than could be here enumerated, in their attempts to combat this disease, although Dr. Andrews admits that they do not understand it. Again, the faculty admit "that they have no general mode of treating it." (See Hooper's Medical Dictionary, page 546.) No wonder that so many thousands have perished who have applied to them for that aid which they had not the power to bestow.

### ICTERUS, OR JAUNDICE.

This disease originates in an obstruction of the gall, or bile, which, owing to the interruption, is distributed through the system by the absorbents. The symptoms are so strongly marked as to render a further

description unnecessary. I may, however, remark, that it is accompanied with yellowness of the eyes, a bitter taste in the month, and a sense of pain and uneasiness in the right side, and in the region of the liver.

The cause of the skin's discolouration is, as I before remarked, owing to the bile being absorbed and carried into the blood, instead of passing off into the duodenum by the natural way. This disease has often baffled the skill of the most eminent physicians, many of its victims having been compelled to groan under its influence for months, and even years, although the fields and woods of every country contain a certain and speedy cure. I have had much experience in this disease, and I have never, in a single instance, failed to cure, even in its worst stages. My treatment is as follows;—Take of barberry bark, centaury, bogbean, agrimony, and raspberry leaves, each one ounce; steep them in two quarts of water, boil them, (*as in fact all herbs and roots should generally be boiled, except the aromatics,*) strain, and add half an ounce of cayenne pepper; when costive, add sufficient mountain flax to move the bowels; take a wine-glassful of this three or four times a day; after having taken it three or four days, give the vapour bath; if the patient does not find the desired relief, give an emetic of lobelia, and repeat the vapour bath.

Culpepper, in his description of the virtues of herbs and plants, generally sums up the qualities of each, by saying, "that they are good for the jaundice." If what he has so frequently said be true, it is somewhat surprising that jaundice can be found at all after the numerous remedies he has named for it, many of which I feel assured are not to be relied on.

[The doctors treat it with mercury, hard soap, and rhubarb; mercury, jalap, and honey; aloes, mercury,

and ginger; scammony, potass, and rhubarb; gum ammoniac, hard soap, oil of juniper, ginger, &c.]

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## CHAPTER XIX.

### PARALYSIS, OR PALSY.

This disease is a partial, or total loss of the power of motion, or sensibility, in certain parts of the body: at times it attacks only some particular portion of the nerves, at others it assails half the system. It may arise from many causes, particularly such as produce a sudden and serious effect upon the nervous system; the application of poisonous sedatives, or continued exposure to the action of certain minerals; to which may be added, luxurious living, excessive drinking, sedentary labour, protracted study, &c., all of which have a tendency to impair the vigor, and finally destroy, in a great measure, the nervous capability. I am thus particular in pointing out the causes of predisposition, believing at all times that "prevention is better than cure." I have known many cases where the patients have suffered from the disease having fastened on the nerves, situated in the back, which has rendered them helpless in the last degree. I will here give the particulars of a case which occurred during the past summer. I was called upon by a patient in Hebden-bridge, whose right arm was paralised; in fact, all sensibility and feeling had left it, from the elbow downwards to the finger, and it was as rigid as though it had never been possessed of any flexibility. The scientific doctors had operated upon him again and again, but all to no purpose; because they attempted

to work on the symptoms, instead of attacking the cause. I however undertook the case, and proceeded at once to act on his general system ; for this purpose I gave him a strong decoction of bitters, with cayenne, which I continued to administer three or four days. I then applied the vapour bath, to the arm only, prepared in the following manner:—make a brick red hot, put it into a bucket containing as much hot water as will partially cover it, leaving the upper surface dry ; hold a blanket round the bucket in the form of a funnel, tying it above the elbow of the patient, so as to shut out or exclude the air ; then place the arm over the bucket. This was repeated every day for four weeks, at the end of which his arm was perfectly cured, and he can now use it as well as the other.

[TREATMENT OF THE SCHOOLS.—Bleeding, blistering, Spanish flies, ammonia, nitrate of silver, mercury, and turpentine, *and leeches by dozens.*]

## RHEUMATISMUS, OR RHEUMATISM.

This disease is generally produced by colds of long standing, or exposure to the various temperatures that are met with in the transition of climates ; it is also induced by the medicines which the doctors give from time to time in their attempts to remove other diseases. Mercury has sown the seeds of rheumatism in thousands of constitutions. The faculty do not appear to understand this disease, since they each prescribe for it in different forms, one recommends the use of hot stimulants, another will apply the coldest medicines that can be obtained ; in the meantime, the unhappy patient is enduring the most excruciating pain.

Rheumatism being an affection of the membranes, or coating connected with the muscles, every movement

subjects its victim to additional pain. So that the patient has sometimes to undergo the greatest torture, while the learned doctors hold a consultation, and determine what must be given. Dr. Howarth, Dr. Fothergill, Dr. Baker, Dr. Saunders, Dr. Wilson, &c., recommend the Peruvian bark ; Dr. Hamilton and Dr. Lynn Regis, are of opinion, that the sub-muriate of mercury is best ; while Dr. Thomas, Dr. Bardsley, and others, are for bleeding and depletion. These conflicting opinions of the faculty, remind me of an occurrence that happened in America : a person there was labouring under an acute attack of this disease, who was attended several weeks by a regular doctor, without experiencing the slightest relief. At length, an old woman, residing in the neighbourhood, went into the house, and prescribed some sweating herbs, which speedily cured him. Soon after, the doctor called again, and to his great astonishment, saw his patient up and stirring. "Why, you seem better," said the doctor. "O yes," replied the patient, "Mrs. ——— came in, and made me some hysop tea, which threw me into a perspiration, and cured me." "Indeed," said the doctor, "I have known of that medicine a long time." "If so," said the patient, "why did you not give it to me?" "Because," said the doctor, "it was not in the books." So much for the philosophy of the doctors !

I have before stated that this disease owes its origin to colds ; nor can I point out a single disease that will serve as a better illustration of the theory than this ; for as cold is the cause, a deranged circulation will be the effect : the symptoms accompanying which are materially heightened by the influence of an unsettled atmosphere. As a proof of this, if we shield the patient from the pressure of the surrounding air, and at the same time apply the vapour bath, we afford him



instant relief. A patient was once brought to me, who had for several weeks been an inmate of the infirmary, which he left of his own accord ; but was so much reduced that he was carried to my house on a bed. That no time should be lost, I ordered the vapour bath to be got ready immediately ; and in forty minutes from the time of his arrival, I had him in the bath, having first charged his stomach with a tea spoonful of cayenne pepper. He was quite helpless when put in a bath, but in fifteen minutes after, he could play upon a flute ; and in two weeks from that time he went home perfectly well.

I have invariably found chronic rheumatism most difficult to remove, from old people especially ; for in this form of the disease there is generally an affection of the joints, without swelling, except that they sometimes grow out of place from the severity of the pain.

The proper treatment is to make a strong decoction of yarrow, centaury, agrimony, ginger root, and cayenne. If the bowels are confined, use the injection ; bathe the feet and parts affected at night, in warm water, to which may be added a little ground mustard ; after which apply a hot brick or stone to the feet, wrapt in a cloth wet with vinegar. If the above fails to relieve, administer a lobelia emetic, and apply the vapour bath ; keeping the perspiration up to the surface, and regulating the stomach and bowels as circumstances may require.

The faculty treat this disease in such a variety of ways, that they by turns exhaust almost every remedy that the shops contain ; they generally have recourse to opium, mercury, arsenic, ipecacuanha, bleeding, blistering, leeching, and spare diet.



## PODAGRA, OR GOUT.

This is but another name for rheumatism on the one hand, and indigestion on the other. Dr. Thomas admits that it originates in a disordered state of the stomach, or, in other words, from indigestion, generally brought on by high living, and want of sufficient exercise. This disease generally hovers about the mansions of the wealthy, attacking principally those who think happiness consists in cramming the system with costly luxuries. When 'the stomach is thus overloaded and tortured, no wonder that nature afflicts them in return for having outraged and trampled on her laws. Benjamin Franklin remarks, that "if the rich will prefer a loll in a cushioned carriage to a healthy walk in a green meadow, they deserve thus to suffer." He further says, "that those who prefer strong wines and costly dishes to pure water and plain food, may never expect to enjoy unadulterated health." Dr. Abernethy was much of the same opinion, when he told a gouty patient "to live on sixpence a day, and earn it." Hard philosophy this, but nevertheless good in its place. This disease generally attacks the limbs and joints, producing a sense of pain even more acute at times than rheumatism. It is accompanied with great heat in the stomach, the functions of which are at such times very much deranged. The first step recommended to be taken, is to reform the manner of living; for as this distressing disease is generally brought on by excess, it cannot be cured unless we first remove the primary cause; for which purpose an emetic of lobelia should be given to the patient, after which a course of medicine, consisting of the correcting bitters, and diuretics, such as clivers, juniper berries, &c.

[The treatment of the faculty is blisters, antimony, opium, bark, æther, ammonia, and carbonate of iron. I need not observe that a heavy bill generally follows such prescriptions.]

## CHOREA SANCTI VITA, OR SAINT VITUS'S DANCE.

The first symptoms of this disease are a changeable appetite, costive habit, flatulency, hardness of the bowels, with an uneasy cold sensation running along the spine, succeeded by a convulsive motion of the muscles. Some authors are of opinion that this disease originates in a relaxed state of the muscular system, but I hold a contrary opinion; my theory being based on the knowledge obtained by practice and long experience; for in every case where by the application of warmth we could relax the muscles, the patient is relieved; which proves that it is a spasmodic contraction of the muscles, affecting more or less the whole of the system, though the spasms may have taken hold on one side only of the system. Females from fourteen to fifteen years of age are most subject to these attacks. I have found by long experience, that this disease leaves them at the period of menstruation, if properly attended to at that time.

Several serious cases of this disease have been cured by treating it in the following manner: take of the bitter herbs, viz., centaury, bogbean, and barberry bark, each half an ounce: valerian root and burdock seeds, a quarter of an ounce each; boil the whole in one quart of water, strain it, and add a teaspoonful of cayenne pepper. For the bowels, take rhubarb root, gum myrrh, assafoetida, and cayenne, equal parts; when powdered fine, add gum arabic in the liquid form, in order to give

it the consistency suitable for pills. Take two or three of these pills at night, with four table-spoonsful of the decoction during the day; applying also the vapour bath, and a hot brick to the feet. With me, these means have seldom failed.

[THE TREATMENT OF THE SCHOOLS is blistering, cupping, purging, and cold applications.]

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## CHAPTER XX.

### FITS, OR CONVULSIONS.

Various kinds of fits are generally described under this head. It is a form of disease that has often baffled the skill of the most learned of the faculty; and originates in obstructions, which prevent a due circulation of the fluids; thus suddenly affecting the nervous system and producing convulsions, and other distressing symptoms. These obstructions arise from various causes, but mostly from bad or impaired digestion, or overloading the stomach with hard and indigestible food, &c.; hence children are most likely to be subject to them. The symptoms vary according to the circumstances of the case, and the temperament of the patient.

### EPILEPSIA, OR EPILEPSY,

Is one of the forms of this disease; its attacks are accompanied with a sudden deprivation of sense, and a violent convulsive motion of the whole body, which after a certain time pass off, leaving its victim in a state of depressive stupor and drowsiness, particularly where the disease is of long standing. Dr. Thomas says,

“This disease is sometimes sympathetic, and sometimes idiopathic,” the latter term implying, that it is not produced by any other cause, nor yet dependent on any other form of disease; or to use his own words, idiopathic means, “that it is a primary disease, neither dependent on, or proceeding from, any other.” Dr. Thomas is certainly right in attributing its origin to either “external violence, or internal derangement;” for no form of disease ever did, or ever can exist, without some positive and palpable cause. The disease now under consideration, or some of its symptoms, may arise from external injury, whereby the nervous system may be materially effected; but in most cases it originates in an obstructed circulation. This truth must be evident, when we take into account the number of young females who are attacked with this disease, on arriving at the age of puberty, or about the time when menstruation makes its first appearance. The means generally resorted to for a cure, are to make a tea of the strongest nervines, such as valerian, assafoetida, or burdock seeds, in conjunction with which, immerse the feet of the patient in hot water, and give freely of cayenne pepper; or if the patient be young, give pennyroyal, or ginger root; for as this disease is brought on by a loss of the equilibrium, or impeded circulation of the fluids, thereby producing an undue pressure on the brain, our first effort must be to get the feet well warmed as soon as possible: when the patient is young, this may be aided by immersing the lower extremities in warm water, in which, put a little mustard; for an adult, apply a hot brick to the feet, at the same time rub the lower extremities well with hot camomile tea.

[TREATMENT OF THE SCHOOLS.—Bleeding, blistering, opium, mercury, copper, zinc, henbane, æther, musk, iron, and jalap.]

## HYSTERIA, OR HYSTERIC DISEASE.

Dr. Thomas says of this disease, [which admission is another proof of the inability of the faculty to understand diseases in general,] “that it appears under such varied shapes, imitates so many diseases, and is attended with such a variety of symptoms, which denote the animal and vital functions to be considerably disordered, that it is difficult to give *a just character or definition of it.*” Such being the opinion of this oracle of the faculty, it must follow, that in attempting to cure it, they must proceed altogether upon conjecture, or, in other words, work in the dark.

This disease is a derangement of the uterus or womb. It usually occurs in women over fifteen years of age; the symptoms are pain in the head, accompanied with cold shiverings, and a fluttering uncertain pulse; a weighty substance seems to move from the left side of the abdomen, rising into the stomach, and thence into the throat, where it seems to remain, producing a suffocating effect, which terminates in spasmodic contraction or convulsions.

The remedy is to equalise the circulation as soon as possible, and excite a perspiration to the surface; for which purpose make a strong tea of raspberry leaves and valerian root, with cayenne pepper, and as much lobelia as will excite vomiting, (which may be repeated when necessary). When the violence of the disease has abated, give freely of the tonic medicines; and at night the patient may take a piece of assafoetida, about the size of a small pea, which will tend very much to tranquilize the nerves. Keep the bowels open by administering mild purgatives, such as a tea of poplar bark, senna, or by injection.



[THE TREATMENT OF THE SCHOOLS is bleeding, blistering, ammonia, opium, carbonate of iron, and camphor.]

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## CHAPTER XXI.

### APOPLEXIA, OR APOPLEXY.

There is perhaps, no disease about which I have been more questioned (when lecturing) than this. For as I am opposed to the use of the lancet or blood-letting in every form, and as the doctors hold its use indispensable in cases of apoplexy, I have frequently been asked what I would advise in such emergencies; and will therefore endeavour, in the first place, to point out the origin of this disease, and secondly, exhibit the danger attendant on blood-letting at such a time.

Having previously shewn that the blood is indeed the vital fluid, on the quality and quantity of which life and health mainly depend; and when the system is obstructed, an unusual quantity of this fluid is forcibly driven upward to the head; the heart, lungs, and brain, are then surcharged and overheated, in consequence of which, the extremities or parts more remote, begin to languish and grow cold. As I wish my readers to understand this truism before we proceed further, I will reiterate the fact, that when too much blood is determined to the head, the extremities must necessarily be curtailed, or robbed of their wonted supply! In apoplectic cases, the friends of the patient are alarmed, and immediately apprehend the death of the individual, in consequence of the extremities (the legs and feet) growing cold, and respiration being all but suspended.



At this time the face is of a purple hue, the veins and arteries are unusually distended, and the human machine is clogged like the wheels of a water mill rolling in back water.

Many have fallen victims to this disease, in a moment of excitement or danger. Persons with large heads and of full habit are chiefly attacked by it; and deep study or sedentary employment will likewise induce it. Public speakers, clergymen, and members of the bar, not unfrequently die of apoplexy, while engaged in discharging the duties of their profession. I have known several, who after great mental and physical exertion called forth on some particular occasion, have thus suddenly expired. The great Irish Barrister, Thomas Addis Emmet, after addressing the jury on an important case, fell and instantly expired, in the Court House of New York. I need not however dwell on these catastrophes, but will endeavour to account for the symptoms attendant on this disease, which owes its origin to a loss of the vitality, on the just equilibrium of which life and health must ever depend.

When the system is overtaken by great mental or physical exertion, respiration and perspiration become hurried and violent, the lungs by this excessive labour, exhaust the usual supply of warmth so essential to their natural and unerring motion. But the lungs must have their supply, or life will soon be extinguished; the extremities are therefore called upon to make up the deficiency, and they are thus famished in order to protect the citadel. In calling thus largely upon the vitality, the blood is determined the same way, by which the vital organs are loaded to oppression: vertigo, or dizziness in the head instantly follows, the patient falls, and bleeding is at once resorted to, which in many instances confirms the fatality of the attack. At times

it appears to afford relief, inasmuch as the patient has been restored to immediate animation ; but this change is merely mechanical, for by reducing the blood you reduce the oppression. If the system contained too much blood, bleeding might be tolerated, but has it not been shewn that the extremities are starving, though the head may be too warm? If instead of draining the blood out of the system, to lighten the pressure on the brain, we were to set about restoring the equilibrium, in order to circulate through the extremities that supply of which they had been deprived, we should not only succeed in restoring the patient to consciousness, but we should aid nature in repelling all such attacks at a future period. To accomplish this, give the patient a table-spoonful of the tincture of lobelia and cayenne pepper ; if he be insensible, pour it instantly into the mouth, so as to act on the base of the brain as soon as possible ; let not a moment be lost, but put the feet and legs into water as hot as can well be borne ; mix with the water a small quantity of cayenne pepper, rub the legs and feet briskly, and give an injection made of raspberry tea, half a pint, half a tea spoonful of cayenne, half a tea spoonful of lobelia, and quarter of a tea spoonful of valerian root, finely pulverized. After the patient has recovered his senses, give him a strong decoction of the bitter herbs with cayenne, using freely of the diuretics to clear the kidneys and the bladder.

[TREATMENT OF THE SCHOOLS.—Blood-letting, (says Dr. Thomas,) “ is the most effectual remedy we can employ in apoplexy,” to which is generally added blisters, antimony, zinc, jalap, and mercury.]

The several kinds of fits to which children are said to be subject, such as worm fits, teething fits, &c., are principally owing to the causes already described in a previous chapter, so that it would be useless to go over

the same subject again. To those who have the care of children, I would say read over the chapter on diet again ; attend to the instructions there laid down on diet and digestion, and your children will not be troubled with fits, nor will you stand in need of the doctor's services on their account.

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## CHAPTER XXII.

### TITANUS, OR CRAMP.

This most distressing disease is a contraction of all, or any of the muscles ; and to add to his affliction, the senses of the sufferer are not in the least impaired. It originates in colds, and injuries of the muscles, such as are produced by punctures or wounds, or from splinters of wood, broken glass, rusty nails, &c., particularly when these wounds are on the feet.

When any of the internal organs, as the stomach, bowels, or heart, are deranged, and attacked with cramp, it is not only extremely painful, but will, if not soon relieved, produce direful consequences ; and to have the power to control this disease, and arrest its pain at pleasure, will doubtless be esteemed a valuable acquisition. Without overrating the information contained in this book, I can assure my readers, that if they follow the instructions laid down in it, it will enable them to accomplish the same. What is promised will be performed ; this is more than the faculty can do, with all their book-learning and college wisdom. For Hooper, in his Medical Dictionary, page 1280, when speaking of this disease, says, that " morbid anatomy has hitherto thrown no light on the pathology of titanus." This

admission is worth something, coming from such a potent authority, and the failures of the faculty when treating this disease, more than confirm its truth.

The most fatal form of this disease is trismus, or lock jaw, which the faculty have seldom succeeded in curing; any one of the causes before mentioned may produce it, particularly injuries affecting the feet. I will here quote a case which will fully illustrate the cause and cure:—A Mrs. Vinton, whilst engaged in cutting up a frozen cabbage, let the knife slip, and cut across the tendons, or guiders of the two smallest fingers on the left hand; in the region of the wrist, the fingers immediately contracted; and in two hours from the time of the accident, the guiders and muscles of the arm and shoulder were also very much contracted. Dr. S. was called in, who attended her for four days, when it terminated in lock-jaw. The doctor said he could do no more. The husband of the sufferer asked him, if he would hold a consultation with me; to which he, like a liberal minded man, at once consented. Accordingly, I was summoned to meet the doctor; and having learned from the messenger the particulars of the case, I told him to hasten home, and put two or three bricks into the fire, and have them hot by the time of our arrival. When we reached the house, we found the poor woman very much drawn on the left side, with her jaws firmly closed. Dr. S. told me he believed she would die. “Not this time, doctor,” I replied, “for I’ll undertake to cure her, and if you choose, you shall see the thing speedily accomplished.” He however left the house, and I at once commenced operations. In the first place I took a tea spoonful of cayenne pepper, and poured a wine-glassful of hot water upon it; I then sweetened it, and told her husband to pour it gently into her mouth. She managed

to suck down two or three table spoonsful, while I was making ready the bath. I took a hot brick from the fire, and half immersed it in a bucket, containing a quantity of hot water; I then got the patient out of bed, covered her close with a blanket, and placed her over the steam; and in less than one minute, the spasm relaxed, and she spoke. Her husband and friends were overjoyed. Dr. S. accompanied me next morning, and found the good woman preparing breakfast for her family. He expressed his astonishment, and declared he had never known a similar cure effected, and pledged himself to use the remedies in future. I have now given you an universal remedy, that will never fail, if it be applied while sufficient vitality is left in the system for it to act upon. Since the publication of the first edition of this work, a similar case was treated at Failsworth, near Manchester, with complete success, by a member of the society.

After the bath, I administered tonic and correcting medicines. For particulars, see chapters on tonics, and correcting medicines.

[TREATMENT OF THE SCHOOLS.—Opium, æther, oil of amber, camphor, musk, buckthorn syrup, jalap, with bleeding, and electricity.]

## HYPOCHONDRIASIS, OR HYPOCONDRIAC AFFECTIONS.

This disease is also called lowness of spirits, vapours, &c.; it is produced by a bad state of digestion, and torpid liver, which affect the nervous system, and consequently the brain. It may result from external causes, such as severe application to study, or applying the mind too continuously to the consideration of abstruse and difficult subjects; or it may originate in



excessive debauchery, or partaking of crude and unwholesome food, or habitual intemperance; all of which causes may induce it in a greater or less degree, according to the temperament of the individual. This disease strikingly proves how much the mind is influenced by the physical condition of the body; for at such times the most absurd ideas, and unnatural conceptions are entertained by the patient. I once knew a man in this state, who imagined his nose to be larger than the whole of his body, so that whenever any one approached him, his first exclamation was, TAKE CARE OF MY NOSE. Another person I knew who imagined his feet were dead, and for seven years laboured under that delusion, and would not try to use them, until one day he suddenly arose and walked into a meadow, and as it was hay time, he commenced mowing, and remained well ever after. Hypochondriacs when in this state not unfrequently imagine they are going to die; some have even supposed themselves to be dead. It is a truly-distressing condition to be placed in. To remove which make use of such medicines as will correct and stimulate the system; the mind must at the same time be diverted and relieved of all painful excitement; the food of the patient must be light and easy of digestion: enlivening conversation, change of scenery, and pure air, will very much facilitate a cure.

[THE TREATMENT OF THE FACULTY differs according to their idea of the cause of the disease; some are for depletion, others for stimulants, gentian, cardamons, sulphuric æther, opium, lavender, and musk.]

### OBSTIPATIO, OR COSTIVENESS.

This although set down as a disease, can never exist unless some of the organs are deranged, which is

generally found to be the liver ; indeed we might prescribe for this disease as we would for what is generally called the liver complaint. I have many times before, in the course of this work, adverted to the cause of costiveness, which generally attacks persons of a sedentary habit ; it often follows a violent attack of some disease, such as fever or rheumatism : it also arises from neglecting to attend to the calls of nature by not going to stool at proper times ; or by overloading the stomach with too much food, or food of such a nature that the digestive fluids cannot operate upon in a proper manner ; or it may arise from a want of the saliva fluid, which should at all times plentifully accompany our food ; or it may be induced by a free use of opium, or drinking too freely and frequently of port wines.

The treatment of this and every other disease brought on by excess, is in the first place to abandon the excess ; for unless the cause be removed, the effect cannot be expected to cease. Secondly ; take poplar bark, ginger root, and centaury, half an ounce of each ; steep the above in one quart of water, strain and add a teaspoonful of cayenne pepper ; of this take half a wine-glassful three or four times a day : if the poplar bark does not sufficiently act upon the bowels, you may add a little mountain flax ; it will be well to go to the water closet once a day.

[TREATMENT OF THE SCHOOLS.—Potass, manna, jalap, magnesia, buckthorn syrup, senna, and castor oil.]



## CHAPTER XXIII.

## COLICA, OR COLIC.

This is a very painful form of disease, which, if not removed by timely application, often terminates in a fatal manner. Its principal seat is in the abdomen or belly, producing a severe twisting pain about the navel, sometimes accompanied with vomiting. The disease is caused by an acrid state of the fluids of the stomach and bile, long continued costiveness, and metallic poisons; though these are sometimes given to cure it. Those who work among lead in the lead mills, and painters, are very subject to it; many times its attacks are so violent that they terminate fatally.

When residing in America sometime in the year 1829, I was called in to a patient, (Mr. Barnard,) who was labouring under that form of the disease called bilious colic; he had been attended by four of the best doctors of the town fourteen days,—for ten of which previous to my seeing him, nothing had passed his bowels; his abdomen was swollen to the greatest extent that the muscles would allow of, his appearance resembling that of a woman on the point of parturition; his stomach rejected everything that was offered to it; his intestines had been pierced for the purpose of letting out the wind; and I was fearful lest the wounded part should have mortified. However, as a last resource, at the earnest request of his wife, I set about attempting his cure: and commenced by giving him some medicine, which his stomach instantly rejected; I then had recourse to injections, prepared in the following manner:—to a strong tea of raspberry leaves, say half a pint, add a teaspoonful of

lobelia, and one teaspoonful of cayenne pepper, with half a teaspoonful of gum myrrh, all finely pulverised, and the same quantity of valerian root; add to the whole one teaspoonful of sugar. This was administered when about blood heat; in four hours repeated the injection, made as before; and in four hours more, repeated it again, which produced a discharge by stool, followed by twenty-six voluntary discharges in the course of eight hours. In twelve days, this man, (who was a hair dresser) was in his shop again. Thus his life was saved by using the injections, when every other means had failed. It may also be observed, that I gave him freely of the astringent, with bitter medicines, as soon as his stomach would retain them.

Another case, arising from the fumes of lead, was a patient living in Hull, and who worked in the lead mills. In the spring of 1840 he was violently attacked with painter's colic; and was attended for some time by one of the faculty, but without benefit. He grew worse daily, and was expected to die; when I was called in to see him, and gave him a spoonful of cayenne, in a warm tea made of mint, and put a hot brick to his feet, wrapped in a cloth wet with vinegar; and likewise applied a hot brick to each of his sides: by which means, in the course of two hours, it threw him into a profuse perspiration. In two weeks he was so far recovered as to be able to resume his former employment. There is another form of this disease, called the dry belly ache, or, as the classics would say, *colica pictonum*, which requires to be treated in the same way. It is generally accompanied with costiveness, so that you must not forget the injection, (as mentioned in Barnard's case,) a warm bath may be resorted to; a cataplasm made of hops or camomile, may be applied to the bowels, and a hot brick to the feet, wrapped in a cloth wet with vinegar.

[TREATMENT OF THE SCHOOLS.—Colocynth, mercury, opium, soda, castor oil, turpentine, charcoal, camphor, caraway, &c.]

### CHOLERA MORBUS.

This disease consists of violent vomiting and purging, with a frequent discharge of bilious matter, both by stool and vomiting. It is accompanied by extreme pain in the stomach and bowels ; its first symptoms are sickness, with soreness at the stomach, and flatulency ; after which, by purging and vomiting, much bile is discharged, indeed little of anything else is thrown out of the system. The cause of this disease is a sudden derangement of the stomach and liver ; on the first approach of which, it is extremely difficult to retain anything in the stomach. To reduce the symptoms, give freely of a tea of mint, or make a coffee of oats, in the following manner :—put some oats on a clean shovel, or in a frying pan, and brown them well over the fire, until they resemble roasted coffee ; make a beverage of this, just as you make coffee, of which let the patient drink freely ; as soon as the stomach will retain it, give a strong tea of raspberry leaves ; to each wine-glassful of the tea, add a quarter of a tea spoonful of gum myrrh, finely powdered, and the same quantity of cayenne ; sweeten it well with lump sugar. Should the above fail to produce the desired effect, give an emetic of lobelia, with valerian root, and cayenne, as before described, in a tea of raspberry leaves ; after which, give an injection of raspberry leaf tea, and oak bark, with a quarter of a tea spoonful of gum myrrh.

[TREATMENT OF THE SCHOOLS.—Bleeding, blistering, calomel, opium, carbonate of iron.]



## CHAPTER XXIV.

## ASIATIC CHOLERA.

This most formidable disease, which but recently spread terror and dismay among the faculty, setting at naught their efforts to arrest its progress, and confounding the boasted wisdom of past and present times; commenced its fatal career upon the coast of Malabar, about the year 1817. It likewise appeared in Calcutta and Hindostan, about the same time; and proved a dreadful scourge to the native and foreign soldiery, as well as all strangers who at that time resided there. Eventually it made its way overland into Europe, marking its progress with deadly desolation, during the years 1831 and 1832. Its ravages were felt in most of the large towns and cities, despite the efforts of the faculty, whose knowledge of disease was not sufficient to withstand it. Every effort was made by the authorities, municipal and corporate; and enactments went forth in order to provide against the coming calamity; but all these efforts, however commendable, were exerted in vain.

The symptoms accompanying this disease strikingly illustrate the theory of heat being the principle of life, an equilibrium of which is health, and its diminution or absence, is disease or death; nor do I think there is any form of disease that ever assailed the human system upon which experiments have been less successful. In vain was the whole of the "*materia medica*" ransacked for a remedy, and in vain were volumes written upon it, it still continued to defy the skill of the faculty. Opium and mercury were given in enormous quantities, and even boiling hot water was applied to the surface of

the body in order to restore the vital heat, but all these efforts completely failed. One patient died of this disease in America, in the city of Memphis, Tennessee, whose stomach contained 2200 grains of calomel, (sublimated mercury) which unaccountable quantity had been duly administered by a member of the profession ; the most learned of whom were in consultation, in order to devise a remedy ; but they were doomed to disappointment, simply because they never understood the pathology of the disease, and consequently could not rationally expect to find a cure.

In 1832 and 1833, I had a fair opportunity of testing the superiority of the botanic practice over that of the schools. I then found how essential it was to be acquainted with nature in all her operations, as evidenced in the beautiful arrangement of the animal economy. When this disease was raging in the Northern and Southern States of America, I found it easy to cure. In the first place I began by examining the symptoms of the disease, which are a slight pain in the region of the navel, with sudden and copious alvine discharges, which speedily assume a rice water, or milky appearance ; this is followed by cold shiverings, accompanied with a clammy sweat upon the surface of the body ; to these symptoms succeed sickness and vomiting, with a fallen and cadaverous countenance ; so rapid are the symptoms, that in three or four hours the patient is so much changed in appearance, as to be scarcely recognisable by his nearest friends ; the feet and hands now begin to be cold, and shrivel up, assuming a livid or purple hue ; the pulse ceases to be felt in the arm—the heart is incapable of throwing out the living stream ; there is a general determination of the fluids to the intestines ; collapse ensues, the patient dies, and the mortal struggle is ended.

Now whatever may be the first derangement which led to this disease, whether it proceed from contagion, "endemical, or epidemical," from miasmatic vapour floating on the breeze, or any other cause at present undefined, one thing is certain, namely, that there is a sudden loss of the vital principle of life: for as has been shown, the patient soon becomes as cold and clammy as dead flesh, or inanimate matter. Such being the case, it follows, that a speedy remedy must be at once applied. There is no time for tinkering and experimenting, or the sufferer will be sacrificed. The system wants restoring to its former position as soon as possible; therefore no remedy will be found to answer, unless in perfect accordance with the laws of nature, as revealed in the workings of the animal economy.

One of the principal reasons why the faculty have failed to cure this disease, is, that most of the remedies employed by them are cold and deadly in their effects, and would prove so to a healthy system, for even ice was given to many patients when it could be obtained, and in warm climates this has often produced instant death.

It has been before said, that one reason why the faculty failed to cure, was because they "did not understand the pathology of disease." This fact I again repeat, and as it would not be proper to make assertions without offering proof, we will see what Hooper says on the subject. See his Medical Dictionary, page 385. "Such being the obscurity which hangs over the causes and the pathology of this affection, it is not to be expected that there should be much accordance among practitioners as to its treatment, or much success from the use of remedies." Kennedy, Orton, Bell, Roche, Christie, Caspar, and Stevens, with many others, that wrote on this subject, widely differ in their opinions as

to the cause and remedy ; speaking of whom, Hooper says, "they wrote with such acrimony and rancour, that it was impossible to arrive at the truth."

Cholera doubtless owes its origin to predisposing causes existing in the atmosphere, exercising an influence, which more or less, affects the whole community ; while its prevalence exists, it diminishes the vital heat, by assailing first the stomach and liver, thus rendering them in a measure powerless. The proper mode of treating it is to shield the patient from the surrounding air, by covering him with a blanket ; then use the vapour bath, as hot as he can possibly bear it, giving at the same time a strong astringent tea, of raspberry leaves and oak bark, made very warm with cayenne pepper. At such a time when life or death must repay our efforts, we must use every means possible to restore animation to the extremities. Secondly, we must restore the equilibrium. Thirdly, we must stop the purging, or watery discharges ; to accomplish which we must use our medicines unsparingly, and give every attention to the patient, until we have succeeded in producing these effects. As soon as the patient begins to grow warm, let him take a lobelia emetic, which may be repeated, if necessary, every two hours ; give also an injection made of lobelia, cayenne gum myrrh, and valerian root, in a strong tea of oak bark, or tormental root ; and as soon as he can take it, make some milk porridge in the following manner : take a handful of wheat flour, and gradually brown it over a slow fire, taking care not to burn it ; next take a pint of milk, to which add half a teaspoonful of salt ; put the milk on a slow fire, and just before it begins to boil, sprinkle in the flour, stirring it, so that it may be perfectly free from lumps ; then let it boil a few minutes ; of this give the patient a wine-glassful, from time to time,

sweetened with lump sugar. This mode of treatment, and the application of the above remedies, has saved many who appeared to be on the verge of dissolution. This terrible disease, which filled the land with mourning and lamentation, might have been arrested in its first approaches, had not the faculty by their ignorance increased the evil. The patient from the first attack feels a cold shuddering through his frame, notwithstanding which, the faculty do all in their power, to increase his sufferings, instead of restoring heat to the system. They diminish it still more by copious bleedings, and administering such medicines as mercury, antimony, nitre or saltpetre, and lastly, ice, with such other depletive means as are within their reach. I do not mean to say that they have not done their best according to their knowledge, but their daily practice proves how much their system is based in error. My readers may perhaps think I have dwelt too long on this subject, but let it be asked, if they cannot call to mind some dear friend or relative, whom this disease severed from their affectionate embraces? At one period, the grave yards were piled with the remains of those who thus perished untimely, most of whom might have been saved, if the faculty had rightly understood the disease, and the remedies within their reach. I never lost a patient through colera, when called in time sufficient to operate upon them; the means before described enabled me to triumph over the disease. These things therefore, cannot be too forcibly impressed upon the attention of my readers.





## CHAPTER XXV.

## DIARRHŒA, OR LOOSENESS OF THE BOWELS.

This form of disease usually affects the organs of digestion, and is said to have many producing causes; but they all hinge on one point, namely, derangement of the bowels. It is seldom attended with fever. Children subject themselves to it by overloading the stomach with fruit in the warmer seasons; and in adults, it often proceeds from intoxication, or continued habits of intemperance. As a remedy, give a tea of raspberry leaves freely, and a syrup made of the following ingredients:—a quarter of an ounce of ginger root, a quarter of an ounce of Peruvian bark, a quarter of an ounce of cinnamon, and a quarter of an ounce of rhubarb; boil the whole in one quart of water, strain, and add half a pound of lump sugar; take a desert spoonful three or four times a day; for an adult half a wine glassful, with cayenne. An astringent injection may be necessary.

[TREATMENT OF THE SCHOOLS.—Opium, rhubarb, chalk, and magnesia.]

## DYSENTERIA, OR DYSENTERY.

This disease is attended with an inflammation of the mucus membrane of the intestines, accompanied with frequent stools.

From its spreading at times in camps and towns, it has been by some considered contagious; it has often proved fatal in many countries, especially such as have warm climates, where dense masses of people are congregated together. Its cause may generally be

ascribed to a sudden change of temperature, by a cold or moist state being suddenly followed by intense and unusual heat, or great drought, whereby perspiration is suddenly checked and a determination made to the intestines. Another cause may be eating unwholesome food, unripe fruit, or other indigestible substances. As a disease, it has at times created considerable alarm, since medical men have not been able to combat it successfully.

Its symptoms are frequent stools, accompanied with severe griping pains ; a degree of cramp takes place at each motion. The stools appear to be composed of a light mucus matter mixed with blood ; and at an advanced stage the discharges are altogether of a bloody nature.

For many years, I have been in the habit of using oak bark and raspberry leaves to check this disease ; also the bitter medicines, combined with stimulants. When in America, a gentleman who was a traveller, told me he was very subject to these attacks, and he asked me what I would advise him to take as a remedy. I told him that in his case, having to travel so much, he could not do better than take cayenne pepper. Sometime afterwards he was attacked while staying at a public house ; he sent the servant for an ounce of cayenne ; he next ordered her to make him a pint of flour gruel, into which he put the *whole of the pepper*, supping it with a spoon like porridge ; it stopped the disease at once. Two years after he told me he had not experienced another attack. He also said he had cured a great number whom he had induced to try the experiment.

For children, -when attacked with this disease, give raspberry leaf tea sweetened with lump sugar ; or make a decoction of raspberry leaves, ginger root, burdock

seeds, and gum myrrh, well sweetened; give this freely until the bowels are checked. Be careful to keep the patient warm; and, if necessary, you may apply a hot brick to the feet, wrapt in a cloth wet with vinegar.

[TREATMENT OF THE SCHOOLS.—Soda, manna, senna, magnesia, castor oil, syrup of buckthorn, antimony, mercury, and bleeding. The latter is recommended in consequence of febrile symptoms appearing.

### HÆMORRHOIS, OR PILES.

This distressing disease often afflicts its victims for a long time, and though not considered dangerous, yet it is extremely annoying. It affects the lower part of the intestines, or the anus, where it forms small tumors or bunches, which generally bleed when there is a motion of the bowels: hence it is sometimes called bleeding piles.

This disease is caused by habitual costiveness; and those who are of a full habit are most subject to it, particularly when induced by over-eating, and what is called high living. Excess in drinking, leading a sedentary life, and the use of strong drastic purges, are equally bad. I have known many in whom it has been brought on by the mode in which they have been treated for fever or rheumatism, the medicines employed being such as have prostrated the system and vitiated the fluids.

Innumerable medicines are daily advertised for the cure of this disease, under the name of patent medicines. We hear of wonderful cures effected by pile ointments, pile pills, pile lotions, &c., &c., the only benefit resulting from the use of which, is the profit

arising from the sale of them. External applications, such as ointments or lotions, may possibly relieve, but they do not effect a cure; which can only be accomplished successfully, by removing the original cause.

In the first place, set about removing the costive habit, by using a tea made of poplar bark, as a common drink; should that fail to remove it, use a stronger cathartic, or opening medicine, such as rhubarb, or mountain flax. Use all physics mildly, taking no more than will suffice to keep the bowels gently open.

To make an ointment, take yarrow blossoms, red raspberry leaves, and lobelia, equal parts; take as much hog's lard as will cover them, simmer the whole over a slow fire; strain it, and you will have an excellent ointment for this disease.

[TREATMENT OF THE SCHOOLS.—Allum, opium, jalap, lead, potass, zinc, and sometimes operating or cutting.]

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## CHAPTER XXVI.

### EPISTAXIS, OR BLEEDING FROM THE NOSE.

The inside or internal surface of the nose, is lined with a net-work of minute blood vessels, over which is spread a thin coat or membrane. From the fragile nature of these vessels, upon any sudden pressure or determination of the blood to the head, they are easily ruptured; which, especially if the patient be young, is seldom considered in the light of a disease, unless the bleeding continues for too long a time, so as to render it somewhat dangerous. One of the means resorted to by the faculty, and on which they much rely for a

cure, is to stop the rupture mechanically, by passing a piece of cord through the nose into the mouth, attached to which, is a piece of sponge or cork, and when pulled up by the cord, presses upon the ruptured part, and stops the bleeding.

Having attended several interesting cases of this nature, a description of which will serve to illustrate and point out the cause and cure. In 1830 I was called in the night to see a man who had been for some time bleeding profusely at the nose; he was a poor labouring man, and had no fire in the house, the floor of which was literally covered with blood. I asked if he had met with an accident, or been in any wise injured on the part. He answered that the bleeding had come on of its own accord, and the stream of blood that was then flowing from his nostril, was as thick as a wheaten straw. I commenced operations by heating a little water in a tin can over the flame of a lamp, into which I put half a tea spoonful of cayenne pepper, and a tea spoonful of sugar. The patient held his nose, and drank the mixture, which had not been in his stomach more than a minute, before the bleeding stopped, although he could not have lost less than three quarts of blood previously.

In this case there was a determination of blood to the head; but no sooner had the stomach felt the force of the stimulating pepper, than a reaction took place in the system, and the blood, instead of rushing to the head, was at once determined to the extremities, and the rupture was allowed to close.

Another striking case occurred in the following manner:—A young man who had come to town in search of employment, was attacked, when passing through the streets, by three or four men, who were in liquor; they threw him down, and otherwise abused



him with their fists ; they then stamped upon his face with their feet, by which they broke the cartilage of his nose, and ruptured the vessels connected with it. He was carried into an hotel, and there attended by four physicians, (two of whom were the same who attended Mr. Barnard, the hair-dresser, whose case I previously mentioned). After trying experiments, and exhausting all their resources, they gave him up. A messenger came for me, but being at the time engaged with a labour case, which I could not leave, I sent my assistant, requesting him by all means to restore the equilibrium as soon as possible. When he arrived at the place, he found the young man in bed, in a most deplorable condition. He commenced by giving him a wine-glassful of raspberry tea, with a tea spoonful of cayenne pepper in it, well sweetened with sugar ; this dose he repeated three times, whilst bricks were being heated in the fire ; when hot enough he put a brick to his feet, and one to each of his sides ; and in ten minutes the blood ceased flowing. He continued to take the medicine at intervals during the night, and the following day he was removed to an hospital for strangers. I went there to see him, when, with tears in his eyes, the poor fellow told me that my assistant had saved his life. He afterwards hired himself as an assistant at the hospital, where he lived for some time in the enjoyment of excellent health.

In this, as in most cases of hemorrhage, one practice of the faculty is to bleed the patient in the arm, or foot, as the case may be. This at best is only working at the effect, and not the cause ; for when the blood presses too freely on some particular part, it is generally diminished in some other, and all that is required in such a case, is to restore the balance of circulation, which blood-letting can seldom do : instead of assisting

nature, it only tends to weaken and otherwise debilitate the system, and consequently must be extremely injurious.

General Washington's motto was, "save life;" mine is, "save the blood," if you wish to prolong life, for unless the system contains its required quantity of that all-important fluid, life cannot long be sustained.

[In addition to bleeding, the faculty use sulphate of zinc, muriate of iron, sulphuric acid, tincture of opium, alum, and preparations of lead.]

### PALPITATIO, OR PALPITATION OF THE HEART.

Much has been said and written on this disease, and many absurd and erroneous opinions circulated respecting it, which I shall here endeavour to correct. Being of opinion, that nine-tenths of the cases which are treated as palpitation of the heart, are merely sympathetic affections, such as persons feel at times when suddenly excited. That the heart may be diseased from enlargement of its ventricles, or from contractions of them, or from ossification, or turning into bone of the aorta, (a large artery,) I have no doubt; nor can a hope be reasonably entertained that such disease admits of a cure, either by botanic medicines, or mineral poisons; but many cases said to be of this description have been cured by curing the patient of a bad digestion, and thus restoring a healthy circulation to the system, and that too without having recourse to either seaton or blister. My advice is, that you treat this, as you would a case of indigestion, under which head you will find all the necessary information.

## CATARRHUS, OR CATARRH.

This disease is an increased excretion of mucus from the nose, throat, and bronchial, or air pipes ; the excreted matter after having stood for some time, becomes very offensive and disagreeable. This disease proceeds from cold, and the only danger attending it, is, that if it be not removed, it may end in consumption. In its first stages, I would recommend a strong tea of yarrow, well sweetened with honey, and half a teaspoonful of cayenne on going to bed ; if this fail to remove it, give an emetic of lobelia, and use the vapour bath, as before directed.

[TREATMENT OF THE FACULTY.—Opium, digitalis, squill, and myrrh.]

## CEPHALALGIA, OR HEAD ACHE.

This disease is generally sympathetic, seldom occurring, unless from external injury, or from some derangement of the digestive organs, induced by sedentary habits, or excess in eating and drinking, or other improprieties. But in most instances, it is produced by intense study, or a mind overwrought by severe application to business, which must have a tendency to impair the system, and injure the general health.

To effect a cure, let the bowels be attended to as soon as possible, if they are confined, which is generally the case. Make a strong tea of poplar bark, to which add mountain flax, if necessary, and partake of it freely ; or you may make a decoction of barberry bark, agrimony, Turkey rhubarb, and ginger root, each half an ounce ; steep them in one quart of water ; strain it, and add a teaspoonful of cayenne pepper ; for a dose take

half a wine-glassful three or four times a day. When much sickness exists, an emetic of lobelia may be taken, that the stomach may be well cleansed. Avoid late suppers, and do not eat any flesh meat near bed time. (See chapters on diet and indigestion.) Regular habits and regular exercise, are essential in promoting a cure.

[TREATMENT OF THE SCHOOLS.—Bleeding with leeches on the temples, blistering, seatons and issues, arsenic, belladonna, &c. Dr. Thomas advises “to bleed the patient in the jugular vein, on the side most affected,” as though the blood did not circulate through the system once in every seven minutes; and when it can only make that difference in point of time, let the blood be taken from what side it may.]

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## CHAPTER XXVII.

### INFLAMMATION, FROM THE LATIN INFLAMNO,

Which means to SET ON FIRE. There is no subject that has been more prolific of evil, than the errors and misunderstandings of medical men, relative to this disease. They have generally taken the effect for the cause, in their mode of treating it, making use of such means as are calculated to destroy the most healthy constitution: for the practice of depletion, in cases of inflammation, is, as the pilot fish to the shark, its constant attendant. Inflamno, as I before said, means to set on fire; and Dr. Dickson, (in his fallacies of the faculty,) pungently enquires, “who ever saw any part of the BODY ON FIRE, OR IN FLAMES?” and yet, when a patient is labouring under what the faculty call INFLAMMATION, OR FIRE, all the engines of depletion

are brought to play upon it, as the fire-men would play their water engines on a house enveloped in flames ; and like these fire-men, when they cannot quench the fire, **PULL DOWN THE BUILDING.** What then, may be asked, is inflammation ? nothing more or less than a concentration of heat (the heat of the body) to an obstructed part : and what is the cause ? ask the patient labouring under it, and he will tell you he has caught a cold, and he fears he is about to have an inflammation. So that it appears **HE DID NOT CATCH FIRE,** he only caught **COLD** ; can any thing be plainer than the above reasoning ; the patient having caught cold, in or upon an organ, or part of the body, that might have sustained some serious injury, and consequently performed its functions with less energy than it otherwise would have done ; for the vessels that should carry off the fluids are thus rendered smaller ; the surrounding fibres sympathise with them, and nature makes this effort, in order to rid herself of the obstruction ; this effort is what is termed inflammation.

It has been many times told you that the faculty work at the effect and not the cause ; in this case, the cause is cold, the effect is the loss of the equilibrium ; if you desire a proof of this, take the following :—In inflammations, some parts of the body are very hot, yet the patient is suffering with cold shiverings, which at times come over him. This truth is so widely known that it need not be dwelt longer upon ; however strong the local attack may be, if we succeed in throwing the patient into a perspiration, we always afford him relief, as do also warm or heated applications to the parts most affected with pain. If the faculty understood this disease, they would never rob the system of the vital fluid, by leeching and bleeding, and the use of cold, deadly, mineral poisons.



## ERYSIPELAS, OR SAINT ANTHONY'S FIRE.

This affection is accompanied with drowsiness, and sometimes delirium, when it affects the face and head. It is produced by exposure to sudden changes of heat and cold, which suddenly close up the excretory vessels, and prevent perspiration; which frequently occurs when a patient has been subjected to a course of mercurial treatment. Dr. Thomas admits the above fact, and says, "that to take a cold while under the operation of mercury, is one of the causes of the disease."

It is always preceded by cold shiverings, with alternate flushings and fever. By the noseologists it is classed with the pyrexia, or febrile diseases. Dr. Cullen, when speaking for the faculty, says, "we suppose the erysipelas to depend on a matter generated within the body." After which, he gives a lengthy description of the different symptoms and indications of the disease, which it is no more essential to know in order to effect a cure, than it would be to know under what particular planet the doctor was born. It has before been said, that effects are not causes, and in all febrile cases, the faculty mistake the symptoms and indications of disease for the cause, and treat them accordingly. This disease is caused by the sudden changes of the atmosphere, acting upon the system where the pores are open, or cooling and contracting suddenly when the system is overheated. Having ascertained this fact, and established these premises, when the disease returns periodically, which it sometimes does, it produces a derangement of the digestive organs, which ought to be promptly attended to. In the meantime, let the patient be put through a course of medicine, in the following manner:—

For a day or two, give freely of a decoction of yarrow,

raspberry leaves and poplar bark, with cayenne ; after which, give an emetic of lobelia ; when it has operated make use of the vapour bath, and wash the patient with vinegar ; raising the heat in the bath as hot as the patient can bear it ; after which, take care that he is not suddenly exposed to cold ; let him cool gradually, and he will soon be convalescent,

[TREATMENT OF THE SCHOOLS.—Bleeding, blistering, camphor, ammonia, antimony, mercury, &c.]

### PHRENITIS, OR INFLAMMATION OF THE BRAIN.

Such causes as induce a determination of the blood to the head, are often mistaken for this disease. Numerous victims have been hurried to premature graves by the faculty having treated an obstruction of the bowels for PHRENITIS. Many a fond mother's hope has been blighted by an ignorant doctor having mistaken the symptoms under which her darling child had been labouring, and by using his depletive medicines, tortured the life out of the poor little sufferer. Dr. Thomas says, "this disease is sometimes idiopathic," *i. e.* exists independent of any other disease. After which, he tells us that the CAUSES which give rise to IDIOPATHIC PHRENITIS, are such as directly stimulate the membranes, or substance of the brain, or increase the impetus of the blood in the vessels." And then, he enumerates the following causes :—" *Violent passion, intense study, excessive venery, severe exercise, external injuries from violence or blows, concussions, fissures, or fractures, immoderate use of wine or spirituous liquors, stoppage of accustomed evacuations, such as the menses, drying up the milk, &c., &c.*" This is what might be called "existing independent of other causes" with a vengeance.

It has been my fortune to attend a great number of cases of this disease, and in many of which I have effected a cure, after the doctors had failed in all their operations. On such occasions never pay any attention to the head or brain, more than to bathe it with vinegar or water : but let your first care be the skin and circulation : and always when possible bring the sufferer into a profuse perspiration, for when this can be accomplished, you will never fail of relieving the brain, as by removing the pressure from it, you remove the cause which always exists in this form of disease.

Children, during the period of dentition or teething, and while labouring under the various forms of disease, to which they are subject in early life, (all of which has before been written upon), are more subject to this form of disease, than at any other period. I generally give a tea of penny royal and ginger root, with valerian root. For an adult, use cayenne ; or, if the attack be violent, give an emetic of lobelia, taking care to keep the head cool and the feet warm.

My readers will remember that in the beginning of this article, the word “ torture ” was used, as applicable to the practice of the faculty. Who that has seen a case of this description, treated as the doctors treat it, but will do me the justice to assent to my opinion ;—those who doubt the fact, let them ponder over the treatment of the schools, as detailed below.

[TREATMENT OF THE SCHOOLS.—Bleeding to excess. Dr. Thomas says, “ considerable quantities should be drawn, thirty or forty ounces at a single operation ; and if the patient be reduced from such copious evacuations, and the disease still continue, several leeches applied to each temple may be preferred to the lancet.” What constitution can sustain itself under such a series of “ torturings ? ”—to extract two or three pounds

of blood from the human system at one operation, and to follow this up with leeching, when no such course is at all requisite, amounts to little less than murder. No wonder that Dr. Thomas says "this disease may always be regarded as a dangerous and alarming complaint," when the doctors thus ignorantly sport with the lives of their patients. To the above treatment is added at times blistering over the whole head, and sometimes over the chest; leeches, cupping and scarifying; with mercury, digitalis, colocynth, jalap, camphor, antimony, and ammonia.]

## OPHTHALMIA, OR INFLAMMATION OF THE EYE.

The faculty say there are two kinds of this form of disease. I, however, profess only to deal with one kind, and by applying suitable remedies to which have generally succeeded in curing the disease, even in its worst form. My object in writing this book is to simplify the science of medicine as much as possible, so that my readers may not only understand the pathology of disease, but know how to prescribe for each particular form of it.

Ophthalmia, or inflammation of the eyes, may be traced to various causes, such as external injuries, viz., blows, wounds, and contusions, or from substances introduced beneath the eyelid, thereby affecting the pupil of the eye; or cold winds, or noxious fumes, or mineral dust; the free use of alcoholic drinks, maltreatment of scrofula, or venereal disease; all of which causes, if it be in the power of the patient, should be avoided as soon as possible, nor should the eye be exposed to too strong a glare of light.

Many cases of this disease are to be met with in large factories, and such like establishments: it is sometimes accompanied by cataract, a sort of film which covers the pupil of the eye, obscuring it altogether. I have been very successful in curing this disease, and were I not compelled to be brief, I might mention several cases worthy of particular notice, but for the present the following must suffice :—

In 1831, a gentleman who had been labouring under this disease for eighteen months, put himself under my care. At that time I had an establishment, or private infirmary, where I received such patients as required particular care. This gentleman came as an in-patient, or boarder. For three months prior to this he had been in perfect darkness, and left his home to visit an eye infirmary, in order to undergo an operation. On his way thither he was met by a friend, who persuaded him to give me a trial, before he risked the consequences of an operation. Accordingly he came to me, and never shall I forget his wan and skeleton-like appearance, which I was not surprised at when he told me how he had been salivated, bled, blistered, physicked and starved, but all to no purpose. I told him I could not promise to cure him without I could make his stomach digest beef steaks. He replied, that for three months he had had nothing stronger than gruel, but that he would try to eat beef steaks, and by following my directions, see what I could do for him. I commenced by giving him a course of stimulant and bitter medicines, in connexion with the vapour bath. I told him I would operate upon his eyes, beginning with one of them, but that I would let him know what I intended to do before the stated time, so that he need not entertain any alarm. Up to this time his eyes were very much inflamed. I then told him I must begin



the operation by blowing some cayenne into his eyes : to this he at first objected, but I soon reasoned away his objections, and he allowed me to blow a quantity into one of them, from which he suffered extremely for a time. When the pain had somewhat abated, I put him into the vapour bath. The next day I operated upon the other eye, and so on alternately for several days. In two months from the time of his first application to me, he left my house with his eyes perfectly cured, and in the possession of excellent health. This is an answer to those who assert that cayenne pepper is an irritating stimulant : such idle and foolish reports are injurious, since they tend not a little to check the spirit of inquiry, and thus render the public passive and obedient to the will of the monopolising doctors.

Whilst I was attending the sick in the neighbourhood of Dewsbury, in the year 1844, a Mrs. R.— of Batley, brought me a child afflicted with this disease. The case had been attended to by several medical men, and truly it was a bad one, for the little sufferer had not seen the light for several months, indeed the case was deemed a hopeless one. However, I gave the child a corrective medicine for the stomach composed of centaury, bogbean, ground ivy, agrimony, and senna ; and made for it an eye water of the following materials : raspberry leaves, oak bark, and gum myrrh, with about as much cayenne as would lie on the point of a pen-knife blade. By continuing this treatment for four weeks I cured the child. The third time the mother brought it to me, it could not only see, but it walked more than a mile of the way.

Another case which occurred in the same town was a girl of about eleven years of age, a daughter of Mr. S——, who was labouring under an inflammation of the eyes, connected with scurvy. This case, which

was a very bad one, I treated similar to the last, and not only succeeded in removing the inflammation, but restored her to the possession of good health in a very short space of time.

[TREATMENT OF THE SCHOOLS. —Various preparations of mercury, zinc, copper, jalap, preparations of lead, Spanish flies, with bleeding, blistering, cupping, issues, and seatons.]

### CYNANCHE TONSILLARIS, OR INFLAMMATORY SORE THROAT, COMMONLY CALLED QUINSEY.

This form of disease, is an inflammation of the glands of the throat; sometimes its severity is such as to preclude the patient from speaking, and rendering it extremely difficult to either breathe or swallow. Like most other diseases, it is caused by exposure to cold, or by sudden changes of the weather, wearing damp linen, or sleeping in damp beds, getting wet feet, or in fact, doing anything that is calculated to give a sudden check to perspiration.

This most distressing disease generally attacks young persons; and when treated in the common way, it sometimes terminates fatally, many of its victims dying of suffocation. In the winter of 1843, I was called in to attend a case of this description in Leeds. The patient was a musician, travelling with Mr. Cook's Circus. I found the young man very ill, and his friends were much alarmed on his account. I learned that he was subject to quinsey, having been attacked seven or eight times before; that these attacks had generally confined him four or five weeks, and cost him from twenty to thirty pounds each time. I made him a strong decoction of raspberry leaves, agrimony, barberry

bark, ground ivy, and horehound; adding to a pint of this mixture about a tablespoonful of cayenne, with an opening pill, made of rhubarb, valerian, gum myrrh, and cayenne, equal parts. I ordered him to take half a wine-glassful of the decoction every two hours, and two of the pills on going to bed, with a hot brick applied to the feet, wrapped in a cloth wet with vinegar, and a warm flannel wrapped round his neck. The next day he was much better; and on Monday, (two days after,) he was at the Circus again, attending to the duties of his profession. I need not say how grateful my patient was for his cure; he said if ever he was attacked again, he would not fail to write to me, whatever part of England he might be in at the time. I told him to make himself perfectly easy on that head, for he need not apprehend another attack, if he would only follow my advice, and be careful of his health for the future. I have not heard from him since, nor is it probable he has ever again been troubled with the unwelcome visitor. The medicines given him would go far to prevent a recurrence of the evil; for, as they act in accordance with the laws of nature, by strengthening the weaker parts of the animal economy, the system becomes fortified, in a measure, against all future attacks. There is another form of this disease, called by the classics :—



## CHAPTER XXIX.

CYNANCHE MALIGNA, OR PUTRID SORE  
THROAT,

Which I hold to be only an advanced state of the former disease, and have always treated it as such; with good success, if not so far advanced as to render it somewhat difficult to give the medicine. My readers will remember that heat is life; a free circulation of it, through the system, is health, and the absence or loss of it, disease. In all complaints of a local nature, we must first set about repairing the machine by restoring the equilibrium when lost, in order to overcome the violence of the local disease; in other words, we must first remove the cause, and deal with the effect afterwards. As a gargle for the above complaint, I cannot do better than quote Dr. Thomas, who says, "when he was in the West Indies, the putrid sore throat prevailed very mortally among children, great numbers of whom perished at that time, in spite of the utmost endeavours of the faculty to save them; when at last, the most happy effects were derived from the use of a remedy, the basis of which was CAYENNE PEPPER: the medicine was prepared by infusing two table-spoonsful of this pepper, and a teaspoonful of salt, in half a pint of boiling water; adding thereto the same quantity of warm vinegar, which, after standing for about an hour, the liquor was strained through a fine cloth, and two table-spoonsful were given every half hour; the speedy and good effect produced by this medicine, in every case in which it was tried, evidently points out the utility of giving WARM AROMATICS, *which will bring on a timely suppuration of the slough*, as well as other antiseptics,

to correct the tendency of the parts to gangrene." See *Modern Practice of Physic*, 7th edition, page 145. From the above extract my readers will see that I have the authority of a very learned author in my favour, or rather in favour of nature. Now if cayenne pepper be so good in the high state of inflammation, that must necessarily accompany a putrid sore throat, (than which few diseases are more violent,) why, in truth's name, may we not apply it with equal success to any other diseased part? Let the COLLEGE LEARNED answer this question; let some of those village doctors who have endeavoured to persuade the people that CAYENNE PEPPER is a poison, when given as a medicine, but might be GOOD AS A CONDIMENT, WHEN APPLIED TO OUR FOOD;—let these men read the above extract and blush, for having thus striven to mislead the people, fearful lest they should refuse to support a monopoly that has hitherto enabled them to revel in luxuries, at the expense of the health and happiness of the suffering poor. Dr. Thomas says, "the most happy effects were derived from its use in 1785; that it saved life and conquered a disease of a dangerous and deadly nature." Its virtues are in no wise impaired; what it did at that time, it can also accomplish to-day. I call upon the faculty to find its equal as a medicine; in my opinion it cannot be done; for if, as a stimulant, it does not act in accordance with the laws of the animal economy, how could Dr. Thomas give with impunity such large doses, in so dangerous a disease? Notwithstanding the above successful treatment, the faculty treat it in the following manner:—

[TREATMENT OF THE SCHOOLS.—Antimony, sulphuric acid, mercury, Spanish flies, potass, muriatic acid, Peruvian bark, and sometimes bleeding and blistering, with the use of irritating ointment.]



## CYNANCHE TRACHEALIS, OR CROUP.

This disease attacks the trachea, or wind-pipe, or the membrane covering it. From the cold suddenly operating on this, and other parts in immediate connection, a secretion takes place, which coagulates and covers over the inner surface, thereby causing the whistling sound accompanying it. The oppression and suffering attendant on this disease is dreadful, and certainly any remedy that can hold out a hope of cure, ought to be duly appreciated, especially when the faculty admit, "that few practitioners witness a cure when this disease has violently seated itself upon the wind-pipe and tubes." See Modern Practice of Physic, page 155. On the same page we find the following reason assigned by Dr. Thomas, to which I have several times adverted. He says, "from the report of authors, we should be induced to suppose that the croup was a disease of long duration and easy management; as by one we are informed, that mercury, employed so as to produce salivation, effectually cures it: another is confident of the success of a lotion, made of spirits of æther; and a third places his reliance on a decoction of seneka;" and it may be added, a fourth depends on torturing the little victim with blisters and irritating ointments. There is no disease so generally fatal, that I have been more successful in than this, having never lost a patient I have had the charge of from the commencement of the disease, which I treat in the following manner:—In the first place, administer a strong tea of penny-royal, or balm and sage, or, if possible, a tea of cayenne pepper; shortly after which, give a dessert-spoonful of the acid tincture of lobelia, which repeat every half hour, until the patient vomits freely.

One case that I attended, the patient (a child) was supposed to be dying: a doctor had said "it could not live three hours." On giving the above medicine, in the course of ten minutes, the child vomited up a cold jelly-like phlegm, as large as a moderate sized egg: this substance trembled at the touch, as jellies generally do; half an hour had scarcely elapsed from the time of the child parting with it, before it called for something to eat; and in a few days had perfectly recovered.

Always bear in mind the necessity of correcting the digestive organs; get up the perspiration, and keep it moderately up for some time, taking care not to have the air too much confined in the patient's room.

[TREATMENT OF THE SCHOOLS.—I have before alluded to copious bleedings, both local and general, to which may be added blisters, cataplasms of mustard, digitalis, mercury, opium, antimony, jalap, ipecacuanha, and squill.]

## PLEURITUS, OR PLEURISY.

This disease is an inflammation of the membrane, covering or lining the lungs; it is attended with an acute pain in the side, with obstructed breathing, quick hard pulse, and fever. This, like most diseases of the inflammatory kind, is caused by colds, or sudden exposure to cold; it often attacks the strongest and most vigorous constitutions. Its first symptoms are severe pain in the side, with alternate shiverings, and flushings of heat: if not properly attended to, it often terminates in consumption, as the lungs are easily affected by it, if it be allowed to continue for any length of time. I have met with many persons who have recovered from the first attacks of this disease, but who (from the use of injurious medicines,) have never regained their bodily health and vigour.

Dr. Thomas says, "in pleurisy, our chief attention must be directed to the removal of the inflammation." He then advises a course of depletion, which, judging from its violence, we might infer that the patient's *life* was in imminent danger of a *removal*, let the inflammation end as it may. It has been many times explained that inflammation is only the effect of a producing cause, which cause must necessarily be removed, before we can rationally expect to suppress the inflammation. In this disease, the cause originates in cold, which has produced an obstruction in the system; this obstruction gives birth to inflammation: now remove the obstruction by using proper means, and the inflammation is at once destroyed. How mistaken must be the opinions of those doctors who make war upon human life, by sapping its very foundations at a time when drooping nature requires all its energies, in addition to such aid as science can impart, in order to repel the power of the disease.

The following case is selected from a number that might be given did my limited space permit me to do so. A Mrs. Hudson was violently attacked with pleurisy, the doctors attended her for four days, and applied their usual remedies, but in vain. I was summoned to her aid; the person who came for me told me not to forget my lancet. I told him, "I always carried it with me; my lancet being no other than cayenne pepper." But to return to the patient, when I found her, her pulse was beating one hundred and thirty per minute; her eyes were red and much inflamed; her breathing very difficult; and her mind at times absent. I immediately put half a teaspoonful of cayenne into half a cup-ful of water, which I sweetened, and half of which I induced her to take: there being some hot bricks in a stove in the kitchen, one was put to her feet, and one

to each side of her, wrapped in a cloth wet with vinegar; in about ten minutes she fell into a slumber, in which she continued for upwards of an hour; during this time her pulse had fallen forty per minute, and after she awoke, partook freely of some toast and tea. I put her through a course of bitter medicines, such as has been before described, and had the pleasure of seeing her well in the course of a week. For eleven years prior to this, she had not borne a child, but in less than eleven months from the date of her illness, she was delivered of twins, and the mother and children both did well. If the means above resorted to had not produced the desired effect, I should have followed it up by administering an emetic of lobelia, in conjunction with the cayenne, given in a tea made of raspberry leaves; had the bowels been confined, I should have applied an injection of raspberry leaf tea and lobelia, with cayenne and valerian. The valerian may also be used in the pepper tea, with yarrow.

[TREATMENT OF THE SCHOOLS.—Violent bleedings, large blisters, antimony, potass, squill, ammonia, zinc, opium, spirits of æther, and directions to abstain from animal food.]

## PERIPNEUMONY, OR INFLAMMATION OF THE LUNGS.

This, though classed by the noseologists as a separate form of disease, yet the above description of pleurisy, as well as the treatment, will give all the information that may be required, at least for those who adopt the practice, and observe the mode of treating disease, as laid down in this book. The following anecdote will illustrate the opinion entertained by some of the faculty, of this complaint.

In a conversation with a physician, I was once asked "if I used cayenne to cure inflammation of the lungs?" I answered, "Yes, most assuredly." "Is there not," he continued, "heat enough in the system with the disease, without seeking to apply or introduce more?" "But," said I, "is there an equilibrium?" "No," said he, "certainly not." "Since you grant so much," said I, "if, by applying cayenne, which is a pure stimulant, I can equalize the circulation, what effect will that produce on the patient?" "Cure him at once," he replied. As it assuredly will; when cayenne does not act sufficiently, use the vapour bath until you throw the patient into a general and uniform perspiration, and nature will soon restore the patient.

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## CHAPTER XXX.

### GASTRITIS, OR INFLAMMATION OF THE STOMACH.

This disease, like many of the preceding, is surrounded with a great deal of mystery, so that the uninitiated cannot know what is in reality going on; however, we will endeavour to make the matter plain.

The *mucus membrane*, or lining of the stomach, is of a singular texture, since it is in a great degree impervious to impressions, when coming in contact with ordinary substances. If the stomach did not possess this remarkable property, very few would so far survive the injuries to which it would be exposed, as to arrive at adult age, since inflammation, and even mortification would be of frequent occurrence; but the stomach, if not abused or wilfully injured, would seldom be out



of order ; and did the human family live only as nature prompted them, the doctors would not be troubled with many patients on account of stomach complaints.

Nothing tends to derange or injure the stomach more than the use of poisonous drugs. Dr. Thomas says, " this complaint is often caused by taking into the stomach acrid substances of various kinds, such as *arsenic, ox-muriate of mercury, alkalies, the oxalic and mineral acids, &c.*" Other causes may be enumerated, such as hard and indigestible food, and the constant use of alcoholic drinks, or by drinking too freely of cold liquors when the blood is over-heated by exercise, or otherwise ; all of which causes ought to be strictly guarded against.

When the stomach is affected, the faculty make use of the very drugs in order to cure it, that Dr. Thomas says will of themselves produce the disease ; they may be somewhat diminished in quantity, but the quality of the ingredients are nevertheless the same. For example, he says, " spirituous liquors will induce the disease," and yet wine, ale, and even brandy, are recommended as medicines when the stomach is affected.

No disease can better test the utility of cayenne pepper as a medicine than this : in the first place, it is immediately applied to the part affected ; and secondly, when violent symptoms of this disease have manifested themselves, I have used it with an unsparing hand. In one instance, when the doctor who attended the patient considered his case beyond all cure. I administered four ounces of cayenne pepper in fifteen hours, and by so doing, succeeded in curing him.

The remedy recommended for the above disease, is to make a tea of raspberry leaves, with cayenne, well sweetened ; let the patient drink freely of this, and if the bowels are confined, make a tea of lobelia, valerian, and

oak bark, which apply as an injection. Dr. Thomas says, "In consequence of previous inflammation, a scirrhusity of the pylorus is sometimes induced, *but unfortunately we know of no symptoms which are characteristic of it.*"

[TREATMENT OF THE SCHOOLS.—Copious bleedings, (*regardless of the lowness of the pulse,*) though the patient may be extremely debilitated or seized with convulsions, or fits of fainting: the practice is to bleed the patient every four or six hours, taking each time as much blood as the action of the heart will possibly bear; after which the patient is leeches, cupped, and scarified; next a large blister is applied to the region of the stomach. I will leave my readers to judge what an effect such treatment must have on the strongest constitutions. No wonder so many sink under it, for if a person in perfect health should undergo such an operation, he would never regain his former tone and vigour, but must remain for the rest of his life a prey to infirmities. Well might one of the faculty say, "that hundreds are slaughtered in the quiet sick room."]

## HEPATITIS, OR INFLAMMATION OF THE LIVER.

This disease also may originate from cold, or in many cases, from wearing cold damp linen, or from external injuries; it may also be induced by high living, the free use of spirituous liquors, long-continued fevers, &c. Its symptoms are pain in the right side, sometimes very acute, but generally dull, and pain in the right shoulder, with difficult respiration, cough and vomiting, enlargement of the liver, hardness of the abdomen, and jaundice.

It used to be remarked, that when the doctor told a patient he was labouring under the liver complaint, it

meant he did not know what ailed him. When a young man of my acquaintance was about to begin practice, the doctor with whom he had completed his studies, said to him, "You will meet with many cases in adults that you will not understand, call all such cases liver complaints, and give freely of mercury." Again, "you will meet with diseases in children, that you cannot understand, call them worms, and give mercury."

The treatment here recommended, is to take a handful of barberry bark, one of horehound, one of clivers, one of yarrow; and if the bowels are confined, one of mountain flax, and one of dandelion; steep the above in two quarts of water, strain it, and add a tablespoonful of cayenne pepper, and one of white mustard; let the patient drink of this from half to a wine-glassful two or three times a day; a vapour bath will much assist the medicine. Above all things the patient must abstain from fermented or spirituous liquors, and should not partake of any hard or indigestible food.

[TREATMENT OF THE SCHOOLS.—Copious bleeding, cuppings; blistering, jalap, mercury, magnesia, potass, antimony, opium, colocynth, camphor, &c.]

## ENTERITIS, OR INFLAMMATION OF THE INTESTINES.

This painful and violent disease, will, if not promptly relieved, terminate fatally. Its causes and general symptoms very much resemble *gastritis*, since both originate in colds, obstinate costiveness, colic &c.; therefore it may be treated in like manner, taking care to move the bowels by injection, using lobelia and fomenting the abdomen with a tea made of yarrow, and camomile, or hops; get the patient into a sweat as soon as possible, and the result will in most instances be found favourable.

[TREATMENT OF THE SCHOOLS.—Copious and frequent bleedings, leeches, blisterings, castor oil, mercury, opium, &c.]

## NEPHRITIS, OR INFLAMMATION OF THE KIDNEYS.

There are many causes which produce this disease, such as strains got in riding on horseback, or excessive walking, and many others, including external injuries, &c. When inflammation is produced by these means, external application should be immediately resorted to, in order to shield the part from friction, which would have a tendency to irritate and increase the evil; to do this effectually double a cloth in several folds, wet with cold water, and bind it on the injured part, at the same time put a hot brick to the feet, and give freely of a tea made in the following manner:—juniper berries half an ounce; clivers a small handful; poplar bark do.; tansy do.; steep the whole in two quarts of water, boil it, and when strained add a table-spoonful of cayenne; half a wine-glassful of this may be given four times a day. If the thirst of the patient be great, make a tea of raspberry leaves and clivers, which may be given freely. To open the bowels, take a teaspoonful of the best powdered rhubarb, and make it into two powders; take one at night, and repeat it if necessary: and if this fail to answer the purpose, prepare an injection in the following manner:—make a tea of raspberry leaves, or agrimony, to which add a quarter of a tea spoonful of cayenne, and the same quantity of valerian. The above mode of treatment equally applies to inflammation of the bladder, or other parts.

[TREATMENT OF THE SCHOOLS.—Dr. Thomas says, “In the cure of NEPHRITIS, our chief reliance is to be placed in *blood-letting* both local and general, assisted

by fomentations, the use of a warm bath, and emolient clysters, &c.;" to which may be added antimony, potass, and opium.]

## HYDROPHOBIA, RABIES, OR CANINE MADNESS.

This most fatal and distressing malady is communicated to the blood by the bite of a rabid animal, generally of the cat or dog kind. The virus or poison thus communicated, brings on the following symptoms, commencing with an uncommon anxiety of mind, sighing, and nervous timidity, severe pain in the abdomen, with an aversion to liquids; when water is presented to the sufferer, an involuntary shuddering takes place; also the lips assume a purple hue when the paroxysm is on. Our terror and alarm at the approach of this disease, is because it has hitherto been deemed incurable, even by the most eminent of the faculty in all countries; and which are augmented by the dreadful suffering to which all in this state are exposed. Hooper, in his Medical Dictionary, page 736, in speaking of this disease, says, "The prognosis in hydrophobia, may be discussed in a very few words: there does not appear to be in the records of medicine, a single unequivocal instance of recovery from this disease; a variety of supposed cures may indeed be found. The transactions of the London College of Physicians contain two, but the slightest investigation will convince the reader that neither in origin, symptoms, or progress, did they substantiate their claim to the character of hydrophobia. It must be viewed, therefore, as the only known disease which has hitherto uniformly resisted the efforts both of nature and art." To those who may be under the influence of this fatal malady, the above picture is a



melancholy one. Dr. Hooper says there is no remedy. The ancients used charms and spells as a means of curing it, but all their efforts were vain. Dr. Thomas says, "Our calculations in this disease must always be unfavourable, as in most instances, all means whatever have proved ineffectual; death commonly takes place about the third or fourth day, from the first appearance of the symptoms." The most singular phenomena connected with this disease, is the great length of time the virus, or poison, will remain dormant in the system before madness comes on. Dr. Thomas, and others, think there is no authentic evidence of its having lain dormant for a longer period than twelve months. I however am of a contrary opinion, for if the poison can remain passive in the system for twelve months, why not for twelve years? If we reason from analogy, we shall find that one is quite as rational as the other; in fact, no philosophic reason can be adduced in favour of twelve months more than could be of twenty-four or forty-eight; or as before remarked, of twelve years.

I remember a remarkable case, the particulars of which are as follows: from the detail of which, my readers will perceive how little reliance can be placed on opinions and authorities like the above.

A girl nine years of age was bitten by a rabid dog, two other persons were bitten about the same time, as well as several animals, all of which, (save the little girl) died under the influence of hydrophobia. Eleven years from the time the girl was bitten, in the same month, namely, November, strongly marked symptoms of this disease made their appearance: I attended the patient, who had then grown up to womanhood, and in twelve days the symptoms abated, and she was restored to her usual health. The following year she was again attacked, and again, by being treated as before, she was apparently

restored : I attended her through seven or eight of these annual attacks, which grew stronger each time, and always occurred in the month of November. From the experience I had of the disease at that time, I am of opinion that it can be cured. Some of my readers may ask why the disease in the above case, after having slumbered in the system for eleven years, did not terminate fatally ? My answer is, I gave medicines to prevent it, and the result justified the hopes previously entertained.

Another circumstance which confirms me in my opinion occurred in the city of Cincinnati, in America, in 1832, when four persons had the misfortune to be bitten by a rabid dog ; the medical gentlemen of the neighbourhood were in attendance, but notwithstanding their exertions, three of the sufferers died. A young botanic doctor, who had been a student of mine, called to see the survivor, and expressed a wish to try to save him, notwithstanding he was then labouring under the strongest paroxysms of the disease. The friends of the sufferer consented, and he commenced operations (as he himself told me) in the following manner.

He put the patient into a vapour bath, and then gave him half a teaspoonful of cayenne pepper in a small quantity of hot water, which the patient shuddered at the thoughts of taking, but at length succeeded in getting it down ; in three minutes after, while in the bath, he gave him a teaspoonful of the pulverised seeds of lobelia, with half a teaspoonful of cayenne, and the same quantity of valerian root, in half a cupful of raspberry leaf tea. This emetic soon operated, when the symptoms abated ; and before the patient was put to bed he gave him an injection of the above in half a pint of raspberry tea, keeping up a

perspiration for forty-eight hours: the symptoms returned no more, and the man recovered. 'Thus one of the four were saved by adopting the very same mode of treatment that I made use of in the case of the girl before alluded to. I am of opinion that even a rabid dog can be cured, though other animals should die of the disease imparted by the bite of the animal. In all cases of this nature, an immediate application of tincture of lobelia to the wounded part should be made, as well as taken internally; or if this cannot be obtained, use the strong expressed juice of the vervain, and apply the vapour bath as hot as the patient can bear it.

[THE TREATMENT OF THE FACULTY varies according to their particular notions of the disease. Dr. Blane's medicine is "arsenic and opium, oxide of zinc, ammonia; musk;" and in Russia they use the "*alisma plantago*," or water plantain. Dr. Thomas says, "notwithstanding the various nostrums which have in all ages and in different countries been extolled as antidotes to the poison of rabid animals, we may rest assured that the only remedy on which we can place any confidence is excision or cauterization," that is, by cutting or applying caustic to the wound, but particularly the former.]



## CHAPTER XXXI.

## HYDROPS, OR DROPSY.

This is one of the forms of disease which in the hands of the faculty is seldom cured. It is caused by cold, the effect of which is to obstruct the excretory vessels, thereby causing a deposit of serous or watery fluid in some part of the body; perspiration which ought to pass off by the natural channels, is stopped, and the fluids which are no longer necessary, but offensive to the system, instead of passing off, are retained. The classic doctors have given many names to this disease, according to its locality; when diffused through the cellular membrane, it is called *anasarca*; when in the head, it is called *hydrocephalus*; in the chest, *hydra thorax*; when in the abdominal cavity, *ascites*; in the womb, *hydrometro*; but as it is in all cases (as before observed) a watery deposit, the general name *dropsy* applies to all. It has before been said, that this disease is caused by an obstruction, which may be illustrated in the following manner:—suppose an obstruction in the main pipe of our water works;—by the civil engineer this would be called a stoppage, and in consequence of which the dam or reservoir would overflow, for as there would be no outlet by the main pipe, the water could not escape that way. Again, if one of the lesser pipes was obstructed, that too would constitute a stoppage, although a local one, yet in a greater or lesser degree, it would affect the whole of the works. We might get rid of the difficulty by drawing off the entire of the water, by which means we should at once remove the pressure from the ob-

structed part ; but unless the matter, or substance, that caused the obstruction is removed, the effects would still continue.

An old naturalist was once asked by a doctor how he would cure the dropsy. He said, "you know, doctor, that the cold gets into the system, and for want of action, the water cannot escape ; to remedy which, I would build a fire inside, and boil the water out." The doctor laughed heartily and said, "well, yours is a short system indeed."

I have treated many cases, and have had to contend in my practice against every form of this disease ; to a few of which, I now invite the attention of my readers.

The first is that of Mrs. Russell, who had been labouring under this disease in all its forms, (save that of the brain), for twenty years ; she had been tapped thrice in the abdomen ; for four years previous to my visiting her, she had not been able to see her own knees, she was so much bloated and distended ; her ankle joints were imperceptible for the same length of time. Just before I was sent for, she was about to call in Dr. White, to perform the operation again, in order to obtain, if possible, a transient relief. However, she heard of, and was induced to send for me. She was at this time forty-six years of age. I found her in a deplorable state, and commenced operations by treating her in the following manner. I took a small handful of raspberry leaves, one of black poplar bark, one of barberry bark, one of clivers, one of ground ivy, and one of senna leaves, steeped in a quart of water, and made a decoction by boiling it for a few minutes ; while hot, added a table spoonful of cayenne pepper ; of this she took half a wine-glassful four times a day, for four days in succession ; after which I gave her a vapour bath, as hot as she could bear it, following it up with a



lobelia emetic, with valerian, giving half a tea-spoonful at a time, until it operated. Her whole body was then briskly rubbed with a towel wet with cold vinegar, applying at the same time a hot brick to her feet. The above operation was repeated three times a week, for two weeks, at the end of which time her waist was reduced sixteen inches in circumference, while her general health was so much improved, that she could walk and ride, which she had not been able to do for four or five years previous. In three months her cure was complete. This occurred in 1828, and she has enjoyed good health ever since.

The second case occurred in Hull. In the summer of 1841, I was called in to see the son of Mrs. Read, who had had an attack of scarlet fever, for which he had been treated by a regular doctor; the fever terminated in dropsy. At this time the boy was about four years of age. When I first saw him, his body in every part was filled with water, and his sufferings were extreme. I prepared for him a bottle of medicine in the following manner:—centaury, clivers, white mustard, juniper berries, raspberry leaves, and senna; of each a small handful steeped in one quart of water. By giving him this simple preparation, four times a-day, the boy was cured in four weeks, although the former doctor who attended him, had declared his case to be hopeless.

Another case was that of Miss Pearson, who also resided in Hull. She called upon me in 1841, at which time she was labouring under this disease, so much so, that every part of her body was swelled to a great extent. I gave her a medicine made in the following manner:—bogbean, barberry, clivers, ground ivy, agrimony, raspberry leaves, and juniper berries, equal parts, of which I made a decoction, adding

cayenne pepper; by persevering in the use of this medicine, she was entirely cured.

In the spring of 1844, while giving a course of lectures in Keighley, attended several dropsical cases, one of which was a person named Dianah Gill; she had been labouring under this complaint for some time; it was first brought on by colds, which produced obstructions in menstruation. Her case by the faculty was deemed a desperate one; however, I took her in hand, and in four months cured her.

In this disease great attention should be paid to the digestive organs, always keeping in mind, that to warm an apartment two things are necessary; in the first place we must have a good draught; and secondly, we must have good fuel, which must be consumed, or the room will not be warmed. If we hope to re-kindle the decaying spark of vitality in the diseased system, and remove the accumulated waters that threaten to quench the flame of existence, we must have recourse not only to strong stimulants, in order to drive out the offending matter, but we must use bitters to correct the bile, and diuretics to act upon the excretory organs, all of which medicines must be of a salutary kind, and such only as act in accordance with the laws of life and motion.

My readers have only to consider well the above cases, in order to understand the nature of this disease, and the means to be resorted to, in order to effect a cure. I have named the medicines to be employed, (except the diuretics, which see in the chapter under that head), therefore I need not reiterate them here; ardent spirits must be avoided by all who are labouring under this complaint, or in fact any other, as their use is always attended with deleterious effects.

[TREATMENT OF THE SCHOOLS.—Mercury, antimony, æther, iron, potass, foxglove, jalap, buckthorne,

hellebore, Spanish flies, zinc, tobacco, spirits of juniper, squill, ipecacuanha, &c.]

## ASTHMA.

This disease, by the physiologists is divided or classed under two heads, one of which is accompanied with a discharge of humour from the lungs, and is called the humid asthma ; when there is no such expectoration, it is called dry or spasmodic asthma.

It is sometimes produced by noxious vapours arising from arsenic or lead, when undergoing the process of decomposition. A foggy heavy atmosphere, or sudden changes in the temperature from heat to cold, will likewise produce it ; also exposure to draughts of air, which produce a contraction of the air cells of the lungs, wherein is formed a secretion, or deposit of mucus, which causes a difficulty of breathing, and cough, with other distressing symptoms. An impaired or faulty digestion, will also produce the disease, by the existence of which, the stomach is always more or less affected. The earliest attention should therefore be given to these important organs.

Spasmodic asthma sometimes comes on suddenly, so much so, that the patient is seized with it in a moment. This mostly occurs when the patient is exposed to dust, or sudden changes in the atmosphere. Many and various have been the means resorted to by the faculty to cure it, but generally without success. Repeated attacks of this disease, accompanied with violent colds, so much injure the lungs at times, as to bring on consumption, if not speedily removed. It is admitted by an eminent medical writer, that "the examination of bodies after death, have thrown but little light either on the nature, or cause of this disease."

See Thomas's Practice, page 421. To relieve the paroxysms, many physicians recommend the use of the lancet, while others say that bleeding has proved highly injurious in almost every stage of the disease; which diversity of opinion pretty clearly proves, that neither party properly understand its symptoms or cause, and that all their attempts to cure it, are at best, but a series of experiments, which cannot be successful, unless the cause be discovered and removed which first led to the disease.

Dr. Hooper, in his Medical Dictionary, page 201, says, "whatever be the source of the aggravated distress endured in humid asthma, *of which it may be as well at once to confess our ignorance*, the patient feels less anxiety after some hours of suffering, breathes less laboriously, and experiences general relief and tranquillity, which usually keeps pace with the increasing freedom of expectoration." Dr. Cullen recommends bleeding: but Dr. Hunter says, "it injures more than relieves; purgatives seldom prove beneficial; blistering is of no use; narcotics, and antispasmodics, given alone, have rarely been attended with any advantage; the mineral acids have been supposed to do good, they however have seldom been trusted to alone." Lastly, Hooper mentions lobelia inflata; his remarks I have before given under that head. Thus according to the above opinions and admissions, the prospects of a patient who is so unfortunate as to be attacked with this disease, are anything but cheering. The whole of the above quotations are selected from the standard works of the faculty; and yet that august body will probably censure me for having given publicity to their contradictory opinions. However, I am somewhat regardless of what they may either do or say, for I neither fear their censure, or court their praise.

Indifferent to both, I am determined to establish the truth, by the propagation of facts, in order to set the public on the right path. The time may yet come, when others, influenced by my example, will contribute to my assistance, by renouncing error, and applying their minds to the discovery of the truth.

I shall now proceed to tell you how to treat this disease: but before doing so, would observe, that the best prescription that ever emanated from the faculty, is the following;—"To moderate the severity of the paroxysms in asthma, we cannot employ a more powerful and efficacious means of relief, than the inhaling of warm steam from an inhaler, or the spout of a teapot." The treatment I would recommend, is a strong tea of cayenne, with valerian root, made very fine, and well sweetened; immerse the feet of the patient in warm water, into which you may put a little mustard, shielding him as much as possible from the surrounding air, by covering him with a blanket. If he can lie down, (which is seldom the case,) put a hot brick, or stone to his feet, and let him drink freely of a strong tea of yarrow; after which, give him half a teaspoonful to a teaspoonful of lobelia, with the same quantity of cayenne pepper, and half a teaspoonful of valerian; let this be repeated till the patient vomits freely, which seldom fails to give relief; and as purgative medicines are never very good in this complaint, let the bowels be relieved by injections, if costive, which is generally the case. After having gone through the above operation, prepare some bitter medicines in the following manner:—horehound, barberry bark, agrimony, and yarrow, of which make a decoction; to every pint of which, add eight bitter almonds, well pulverised, and half a teaspoonful of cayenne pepper; or, in the violence of the attack, you



may give the vapour bath in the usual way, letting the patient at the same time inhale the steam.

[Notwithstanding the doctors admit that they neither know the cause which produces the disease, or how to effect a cure, they nevertheless give the following as their remedies, namely, camphor, sulphur, æther, opium, ammonia, squill, antimony, tolu, and foxglove.]

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## CHAPTER XXXII.

### PHTHISIS, OR PULMONARY CONSUMPTION.

This is one of the most fatal diseases to which humanity is subject. Unhappily, it is of such frequent occurrence, that its victims can scarcely be enumerated. In this country, above sixty thousand are computed to die annually of this disease; its attacks are generally confined to those who have passed the age of puberty. Hitherto, this destroyer of the parent's hope; this blight that withers the blossom of beauty; this fell destroyer that has filled the land with sorrowful lamentations, has, by the most learned of the faculty, been considered incurable; however, I assure my readers, that I, who was once given up by the doctors to die of this disease, have not only been effectually cured, but have been the instrument, in the hands of Providence, of restoring to health and happiness, many whom the doctors had abandoned in despair.

The faculty have laboured hard to press the public mind into the belief, that consumption is hereditary. They assert that *prominent shoulders, long neck, and narrow chest*, are certain indications of this disease; to which they add the *scrofulous diathesis*, as it is called,

comprising such as have "a fine clear skin, fair hair, delicate rosy complexion, large veins, thick upper lip, and great sensibility." Such indications are, in my opinion, so many additional proofs of the fallacies that are too often propagated by the faculty; or, to speak more correctly, these untenable positions are but assumed, in order to conceal their ignorance more effectually. If the formation of the lips, or the length of the neck, the clearness of the skin, or the colour of the hair, have any connection with the producing cause, the sable sons of Africa, while they might congratulate themselves on their security from the ravages of this disease, in consequence of their short necks, and ebony hides, still their security is incomplete, from the uncommon thickness of their upper lip. How ridiculous such conduct must appear to every impartial mind, when we find a body of men who have had every aid that science and education can afford, assisted in their researches by a knowledge of chemistry, and the revelations brought to light by the use of the dissecting knife, gravely recording such absurd opinions as the above. Having myself been a victim to this disease, I have traced by sad experience, all its symptoms and indications;—I have had the fangs of this blighting destroyer fastened upon my vitals, and at this very time, had the advice of ten members of the faculty, all of whom gave me up as incurable, pronouncing my case beyond the reach of remedial agents. Thus, in the morning of my life, was I doomed to an early grave, and all my fond hopes and expectations blasted. From my personal experience of this disease, my long and successful practice in treating it, it may be assumed, that perhaps I am as well acquainted with it, as many who have hitherto written upon, or attempted to cure it. I hope therefore, no one will condemn hastily, and with-

out giving the system a fair trial ; inasmuch, as all the statements here made will be supported by the most convincing proof, some of which will be found in our own immediate neighbourhood.

I will now proceed to a description of this disease, to which there are many predisposing causes, such as catarrh, inflammation of the membranes, syphilis, scrofula, small pox, measles, &c. It is also induced by many employments, such as scissor grinding, needle pointing, stone, and particularly marble cutters, machine makers, or such trades as produce constant dust, which the workmen are compelled to inhale ; as in carding cotton, grinding woollen rags, inhaling mineral fumes, breathing unwholesome air, &c., all of which causes are increased by the sudden changes of the weather, or exposure to severe cold ; mental excitement is equally predisposing, or if the nervous system be overwrought by too severe application to study, (which last, in my case, was the cause of the disease,) going out suddenly from crowded assemblies into cold air, thinly clad, throwing off our winter clothing too early in spring, wearing thin shoes, or getting damp feet, playing on wind instruments, or indulging in frequent and excessive debaucheries, with excessive venery, keeping late hours, or drinking too freely ; or, as Dr. Thomas says, “ the application of cold, either by too quick a change of apparel, keeping on wet clothes, lying on damp beds, or exposing the body to cold air too suddenly, when once heated by exercise ; in short, by *anything that gives a considerable check to perspiration.*”

When lecturing on this disease, I have frequently given the following quotation, taken from the Diary of a late Physician, as a faithful apostrophe to this direful complaint, I cannot do better than give it in the author's own words, who eloquently exclaims, “ Terrible, in-

satiable tyrant ! who can arrest thy progress, or number thy victims ?—Why dost thou attack almost exclusively the fairest and loveliest of our species ?—Why select beautiful and blooming youth, instead of haggard and exhausted age ?—Why strike down those who are bounding blithely from the starting post of life, rather than the decrepit beings tottering towards its goal ? By what infernal *subtlety hast thou continued hitherto to baffle the profoundest skill of science, to prostrate utterly the uses of experience, and disclose thyself only* when thou hadst irretrievably secured thy victim, and thy fangs are crimsoned with its blood ? Destroying angel ! why art thou commissioned to strike down the first-born of agonized humanity ?” What a melancholy but faithful picture the above lines reveal : though volume upon volume has been written upon this disease ; though the most learned of the faculty have for ages given their attention to it, yet all their labours, researches, and enquiries, have proved unavailing, for the disease is yet deemed incurable. What say the standard writers of the day : Hooper, in his Medical Dictionary, page 1027, says, “ pulmonary consumption is in every case to be considered as attended with much danger, but is more so, when it proceeds from tubercles.” Again, “ it may in general be said with truth, that tubercular phthisis, (consumption, with ulcers,) is an incurable disease ; there is no instance on record of extensive tuberculous affections of the lungs, from which the patient has recovered.” In the Modern Practice of Physic, page 515, we find the following remarks : “ an insulated ulcer of the lungs, whether arising from inflammation of the bronchial membrane, the rupture of a blood vessel, or deep seated suppuration, may, and does indeed sometimes, even under circumstances apparently hopeless, admit of a cure ; but that a recovery can be permanently

established, when the substance of the lungs is studded by tubercles, in a state of suppuration, or proceeding rapidly thereto, would require more confidence in the powers of nature and art, than they are entitled to. The unkindly nature of the secretions of the ulcers, their number, their inaccessibility to direct applications, the impossibility of excluding the atmospheric air from them, or obviating its influence : and lastly, of preserving the morbid lungs in a state of quietude, constitute a chain of circumstances through which the arm of science, however ably directed, will never break." In this, as almost in every other disease, the faculty disagree as to the cause, symptoms, and indications, but they emphatically assert, that when in an advanced state, or confirmed stage, it admits of no cure. As far as their mode of treatment goes, this may be very true ; with them it is all guess work ; there is no unity in their operations, or harmony in their practice, as the following quotations will show, the substance of which have often been repeated from the platform. I give as an authority Sir Arthur Clark, and to assist my readers, will put the following opinions of the members of the faculty in juxtaposition.

<p>One physician, Dr. Stahl, "attributes the frequency of consumption, to the introduction of Peruvian bark.</p>	<p>Dr. Morton "considers the bark an effectual cure for the disease."</p>
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<p>Dr. Reed ascribes "the frequency of the disease to the use of <i>mercury</i>," (<i>which in many cases, I believe to be correct.</i>)</p>	<p>Dr. Brillonnét asserts, "that it is only curable by <i>mercury</i>."</p>
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Dr. Rush, says, "that consumption is an inflammatory disease, and should be treated by bleeding, purging, cooling medicines, and starvation."

Galen, recommended "vinegar as the best preventive to consumption."

Dr. Beddoes recommends "foxglove, as a specific in consumption."

Whilst Salvadori says, "it is a disease of debility, and should be treated by tonics, stimulating remedies, and a generous diet."

Dessault, and others assert, "that consumption is often brought on by a common practice of young people taking vinegar, to prevent *obiesity*," (fatness.)

Dr. Parr found "foxglove more injurious in his practice, than beneficial."

The above quotations prove, at least, how contradictory are the opinions of the faculty respecting this disease, and the means to cure. What man at all acquainted with these things can rely on their skill, or confide in their ability to cure? The numerous quotations here given from their standard works, prove that, as a body, they are fearfully ignorant, both as it regards the nature of the disease, and the remedies essential to cure it. I know that the above is a severe censure, but is it not called for by the circumstances in which we are placed? If the faculty dispute the truth of the allegations, let them do so. I will undertake to prove every tittle here written against them and their practice, before any tribunal that they may select for the purpose. If they shrink from investigation, they must be content to bear the name of ignorant pretenders; professing a knowledge of that which they do not really understand.

Dr. Dickson, in one of his published lectures, entitled

"Fallacies of the Faculty," corroborates what I have said on this subject, by speaking as follows :

He commences thus, "Gentlemen, the ancients endeavoured to elevate physic to the dignity of a science, but failed. The moderns, with more success, have endeavoured to reduce it to the level of a trade. Till the emoluments of those who chiefly practice it cease to depend upon the quantity of useless drugs they mercilessly inflict upon their deluded patients—till surgeons shall be no other than mechanics, and physicians something more than mere puppets of the apothecary—till the terrible system of *thimble-rigging and collusion at present prevailing* in our cities and large towns be *exposed*, the medical art must continue to be a source of destruction to the many ; a *butt* for the ridicule of the discerning few. The wits of every age and country have amused themselves at the expense of the physician, against whose science they have directed all the shafts of their satire ; and in the numerous inconsistencies and contradictions of its professors, they have found matter for some of their richest scenes. Moliere, who was long the dread of the Paris apothecaries, makes one of his *dramatis personæ* say, 'Call in a doctor, and if you do not like his physic, I will soon find you another to condemn it.' Rousseau showed his distrust of the entire faculty, when he said, 'science which instructs, and physic which cures us, are excellent, certainly ; but science which misleads, and physic which destroys, are equally execrable ; teach us how to distinguish them.' "

After this somewhat lengthy digression we will return to the question before us. Consumption is an affection of the lungs, the office of which is to receive the atmospheric air, which process constitutes respiration, or breathing : this operation, so essential to health and

longevity, cannot be dispensed with, from which it follows, that obstruction existing in these organs must endanger life, if not removed. In the process of breathing, when the lungs are in a healthy state, we receive into the cells of the lungs, about one gallon of atmospheric air per minute. After the blood has passed from the heart into the arteries, for the purpose of supplying the wants of the body, it is exposed in the lungs to the action of the atmospheric air, for the purpose of receiving its portion of oxygen, without which the living machine cannot be wrought, or its operations sustained. Every gallon of air thus inhaled, yields or gives to the blood twenty-one parts out of every hundred. For every hundred gallons of air that passes into the lungs, twenty-one thereof is absorbed or abstracted therefrom, in the shape of oxygen, which arrangement is absolutely necessary, in order to sustain life and motion; and any, or the least obstruction in these parts, induces disease in a greater or less degree. In order to lubricate or moisten the parts, there are a number of small glands, which give off or secrete a mucus fluid, which mucus, when not exhaled or absorbed, and carried into its regular channels, becomes a clog or impediment to the breathing; inducing a cough, which symptom is the first stage of consumption. Sometimes the obstruction is only in the bronchial vessels, or air pipes: in that case it can be easily removed, but when it remains long upon the lungs, ulcers or tubercles are formed, which, in the language of the schools, is confirmed consumption. This is the state which Dr. Thomas says "the arm of science cannot reach." The main obstacles in the way of a cure is, that the lungs are in constant motion, the patient must of necessity breathe, and the lungs contract and dilate with every inspiration and expiration; the more rapid the breathing the greater

the friction, on which account a less quantity of oxygen than usual is taken up, the system fails to be supplied as it was wont to be, it therefore wastes and diminishes in bulk ; every day beholds a reduction in the size of the patient, who, nevertheless, may still retain a good appetite : Those who are unacquainted with the working of the system may be astonished at this. Many patients have said to me, “ Doctor, see how I am falling away, and I eat very heartily, my food digests well, and yet I am growing less every day.” The reason is because such patients do not retain the oxygen in the system, which is one of the principle articles of combustion, without a due proportion of which the fire of life cannot be maintained.

At such times the head becomes affected ; for as respiration becomes more difficult, there is an increased action ; the blood traverses the system with greater velocity, and the whole mechanical arrangement of the system is deranged, and the healthy equilibrium is destroyed ; it is like a locomotive engine, which is only constructed for the purpose of running at the rate of twenty miles per hour, and should it be made to perform sixty in the same time, it would soon be worn out and rendered useless, through the extra friction, and wear and tear of the machine. When the body is in a healthy state, the lungs receive all the blood in the body, or nearly so, once in every seven minutes ; the heart throbs, or beats, from sixty to eighty times per minute, according to the temperament of the patient ; but drive the blood through the system once in every two and a half minutes, by which the beat of the pulse will be increased to one hundred and twenty, or one hundred and forty times in the same period : and it must be evident to all, that such increased and unnatural action, will soon wear out the human machine.

When an ulcer is formed on the lungs, it is, as before remarked, most difficult to cure, because their motion cannot be arrested, they must labour on; nor is this the only difficulty we have to contend with, for, from the manner in which they are protected, we cannot get to them, in order to apply such remedies, as might else be provided in such exigencies; therefore we are compelled to act upon the lungs, through the medium of the circulation.

If what is here said be correct, and these arguments are based on the experience I have had in these matters, how injurious must be the depleting practice, or the theory of Dr. Rush, when carried into effect, namely, "bleeding, purging, cooling medicines, and a low diet."

What an amount of ignorance is manifested by those who believe, that because one of the most vital organs of the system, on the performance of whose functions life and health mainly depend, is diseased and deranged, that the most effectual means to be resorted to for the repair and cure of the same, is to debilitate and waste the energies of the other organs; yet such is the logic of the schools—such the meaning of their fine-spun theories—such is the meaning of *counter irritation*, which is no more than this: the doctors make a second disease, as a means of enabling them to cure the first; or, to speak in their own words, "we attract the powers or energies of the system to the disease we make; and as two diseases cannot exist of the same type in the system, we establish the second to get rid of the first: hence, if there is an ulcer on the lungs that discharges a large quantity of matter, we make an artificial ulcer on the outside to produce a determination to the surface, and, of consequence, lessen the discharge from the lungs." And again, "if the patient burst a blood vessel on the lungs, or any other organ, we draw blood from the arm, in order to turn



the tide from the wounded part." Having shown you the theory and practice of the faculty in such cases, let any unprejudiced mind ponder over these matters, and the danger attendant on such treatment will very soon become apparent. Suppose we put a blister on the body of a healthy man, even that will enfeeble and injure the constitution; to take away the blood under similar circumstances, is fraught with equal, or even greater danger; and to subject a strong man to a low meagre diet, reduces his strength, the muscles are no longer firm, the nervous system is impaired, and the sinews are enfeebled.

Now instead of producing this physical and mental debility,—(for if the body suffer through sickness, the mind must sympathise with it,)—would it not be better to assist nature in her efforts to overcome disease, by giving and applying only such remedies as operate favourably on all occasions, by acting in accordance with her unerring laws? Medicine ought to build up and restore the sinking constitution, not pull down and hasten its ruin; if so, why not adopt the theory of *Salvadori*, who wisely says, "Consumption is a disease of debility, and very properly recommends *tonics*, *stimulants*, and a generous diet." I can assure my readers that I practice on the above theory. I assist digestion as far as practicable, and thereby restore the diminished vitality, taking care to give such remedies as will best promote expectoration, at the same time keeping in view the sayings of Dr. Thomas, whose opinion as to the cause of disease I have before given, but which I shall take the liberty of repeating, in order to impress it still more powerfully on the attention of my readers. He says, "anything that gives a considerable check to perspiration, is calculated to produce consumption." I keep these things in view

in all my practice, and commence by giving simple diaphoretic, or sweating herbs, as a means the most effectual that can be employed for the purpose of removing the cause. I have treated consumption in all its varied forms, and with so much success, that I have again and again taken from the grasp of death, patients whose cases have been deemed incurable by the faculty: to their astonishment, cures have been effected, which they believed impossible; and this has been accomplished by the aid of medicines that may be taken by a person in perfect health, without producing a derangement in the system; and what is more, those remedies can be given by any one, though the dispenser may not have the least knowledge of dog latin. Plain and simple facts are the best weapons wherewith to defend a theory; those who content themselves with watching symptoms and indications, instead of looking into causes, and enquiring after truth, may affect to disbelieve the above statements; but I do not risk my credit with the public on a mere unsupported assertion of my own, for there are many now living, who can authenticate the facts. I have never at any time said or written anything on the important subject of health, without having sufficient evidence of its truth; and writing as I now am for the great mass of the people, and as I believe for posterity, I would not that this work should contain a single error, much less a falsehood. In order therefore to give those who are unacquainted with the practice an opportunity of judging of its efficacy in staying and subduing the progress of disease, I will now cite a few of the many consumptive cases that have been successfully treated.

I have before alluded to my own case: and shall not therefore dwell at great length on this part of the evidence, but will briefly state the particulars, having

many other cases to mention, some of which occurred in this country, indeed several in this neighbourhood; and as the parties are now living here, and the cases somewhat fresh on the minds of the public, shall select them in preference to others of older date. However, to begin with myself. My early life was devoted to the study of medicine, as taught and practised in the schools; anxious to perfect myself in the science, I studied with the most unremitting diligence: from leading such a sedentary life, I became a victim to dyspepsia, or indigestion, to relieve which I made use of the best means known at that time to the schools, all of which failed to produce a profitable change in my system; with the approaching autumn I caught a severe cold, which very much stood in the way of a cure: these misfortunes befel me in the year 1814, at which time I was sixteen years of age. When the warm weather came in the succeeding spring, my cough left me, and during the summer months, my health visibly improved, and my friends indulged the hope that I was recovering; but with the cold weather, my cough returned with more than its former violence, and continued to annoy me throughout the winter. I then began to expectorate a blueish grey gluey matter, which was regarded by my master as an unfavourable symptom; the expectoration continued, its violence increasing, whenever I had the misfortune to renew my cold. In this miserable state I lingered on for two or three years, the enemy gaining strength, and entrenching himself more firmly in my vitals, until he appeared to have gained full possession of the citadel of life. The most eminent of the faculty attended me, but all their efforts were abortive in the end. I continued to grow weaker, and was so much reduced, that I looked like a skeleton, and frequently raised from my lungs more than a pint of blood at a

time. My master, and others of the faculty, thought I was beyond the reach of human aid. I resigned myself to my fate, for my sufferings had taught me to regard myself as one destined to the grave. At this time, a tribe of the Senecca Indians encamped near my father's house; one of the women, or squaws, as they are termed, came to my father's; she saw me, and enquired of my mother, how long I had been in that condition? When she had heard the particulars, she told my mother not to fear, for that she would cure me. She brought from the fields and woods some of nature's remedies; and in three months, thanks to her aid, I was restored to perfect health, and from that time to the present, my lungs have never failed me, though they have been well tried since for several years. Since that period I have been much employed in lecturing, which, it must be admitted, would affect the lungs if anything could; for after speaking in an over-heated room, have walked several miles homeward at night, without the least inconvenience. All who have heard me lecture can speak to the soundness of my lungs, which have never failed me, though exposed to such exertion. I need not dwell longer upon these particulars, but will conclude by remarking, that had I not well nigh fallen a victim to consumption in the first place; and secondly, been cured by a poor Indian woman, when all other means had failed, I should never have turned my attention to the vast resources with which nature abounds throughout the whole of her ample dominions, nor should I have dared to attempt such cures as have been performed; to a few of which I invite attention.



## CHAPTER XXXIII.

## CONSUMPTION CONTINUED.

The first case to which I shall direct your attention is that of a patient named Wickes, whom I attended in America, the particulars of which case I have often given from the platform. He was a biscuit baker by trade, and as he had to complete an order for a ship by a certain time, he exerted himself too much, and over-heated his system, owing to which circumstance he caught a very severe cold: feeling himself very ill, he called on his doctor, who bled him, and gave him a dose of calomel. That very day he was seized with a cough which continued, accompanied with such symptoms as generally attend consumptive cases. He was attended by six of the faculty, and in three months was given up by the whole of them to die. Some time before, I had cured a young man of his, of a violent cough and hoarseness, both of which were removed in the course of a week. When the doctors had given his master up, this man urged him to send for me, to which he at length consented: accordingly I was sent for—I found him in a most pitiable state—he was reduced to a mere anatomy; large ulcers had formed upon his lungs, one of which had broke every ten days for forty days previous, in fact, one had broke in the morning prior to my first visit, from which he had discharged three pints of purulent matter, and the decision of the council at that time was, that he would not survive ten days longer, or that he would die by the bursting of the next ulcer. I had very poor hopes of him, but calling to mind my own case, thought there might be a chance of



saving him, and would try. I treated him according to the usual practice in such cases, (which see at the end of this chapter.) I commenced with him on the 22nd day of October, 1831, and in six weeks had him so far recovered, that he was able to walk out: he resumed business again in the following year. Five years after, when in the South, I received a letter from him, in which he stated he was in perfect health.

Whilst residing in Hull, I cured several cases of consumption, some of which have before been made public. One case was that of the daughter of Mr. Thomas Pexton: she had been attended by several doctors, who said she was labouring under consumption, and that her case did not admit of a cure, stating that the complaint was confirmed, having been accumulating for three years. She had a distressing cough, poor appetite, and was much wasted in body. I took her in hand, and cured her.

The three following cases are so remarkable and important, that I wish my readers to pay particular attention to them. The parties mentioned have publicly stated their cases from the platform.

I shall commence with Mr. Westlake's case, who is well known to many of the inhabitants of Leeds, for his sufferings were extensively spoken of when labouring under this disease. I shall not allude to his case previous to his coming under my care, as my readers will find all the particulars therewith connected in his letter, (which see in appendix.)

About the beginning of December, 1843, he was labouring under the following symptoms: his breathing was hurried and difficult, his pulse beating about ninety times a minute, with incessant cough, and considerable expectoration; he had burst a small ulcer, the contents of which were of an acrid or purulent nature, mixed

with blood. He perspired copiously, particularly towards morning; his tongue was coated, and the edges red and inflamed; such was his condition when I first went to see him. Had the question been put to any number of the faculty what the above symptoms were indicative of, the answer would have been the same as that given by the gentleman who had been attending Mr. Westlake, who gave it as his opinion, "that no power short of a miracle could save him." If it be true, as remarked by an eminent authority, "that the arm of science, however well directed, cannot break through symptoms like these," how can any member of the faculty come to any other conclusion than that already given by Mr. Westlake's doctor?—for those who practice in accordance with the opinions of the schools, must have recognised all the fatal symptoms before alluded to by Dr. Thomas, and have decided accordingly.

Having carefully examined the patient, I told him, notwithstanding what the doctor had said, that I thought there was a chance for him, if he would come to my house, and put himself wholly under my care, so that I could give him medicines with my own hand, and have an opportunity of daily and hourly watching over his symptoms. He saw the force of my reasoning, and came to my house. The same day he commenced taking the medicines, which he continued to do for five months. In the month of March, he accompanied me to Haworth, (a village beyond Keighley,) on which occasion, he unfortunately took cold, which produced a relapse, or his cure would have been effected in three months.

In Mr. Westlake's case, and the mode of treating it, two things are proved. In the first place, consumption can be cured by the aid of such remedies as my know-

ledge of the science of medical botany enabled me to apply; secondly, it proves what has been frequently asserted, that the remedies used are simple and congenial to the system, so much so, that a man in perfect health may take them without any evil consequences. One criterion by which poisonous substances are known, is, that a sufficient quantity will produce death: now Mr. Westlake, during the five months he was with me, took sixty-two emetics of lobelia inflata. This plant, Hooper, in his Medical Dictionary, calls "a narcotic poison," and the quantity taken according to his opinion, must have produced fatal results; his usual dose of lobelia was about two drachms, or a quarter of an ounce of the powdered leaves, freed from the stalks, and picked very clean; but sometimes I gave him half an ounce. Now suppose he had taken oxalic acid, and half a grain had been the required dose; if I had given him twenty-four grains, would it not have killed him? Certainly it would, and any other poison would do the same; yet he took half an ounce of this herb, that Hooper calls a *poison*, and he continued to improve under it. I accompanied the lobelia with a portion of cayenne pepper, which I gave him constantly through the day and night, in a strong decoction made of the bitter and astringent herbs. He took during his stay at my house, more than one pound of the powdered leaves of lobelia, six pounds of cayenne pepper, and about three hundred pints of the bitter medicines; at the same time, I took care to regulate the temperature of his room, keeping it at about sixty, or seventy degrees day and night, which I consider of the utmost importance in all such cases. I cannot too strongly caution those who have the care of patients, against letting the fire go out at night, after the invalid has been breathing a rarified atmosphere, during the day; to expose a patient in this way to a cold chill-

ing night air, will go far to render a cure all but impossible. Had Mr. Westlake been treated in this manner, I am of opinion he would not have recovered. Consumptive patients and their friends will do well to bear this in remembrance.

I consider Mr. Westlake's case a perfect test of the system I advocate, for had the depletive system of Dr. Rush, or the narcotic stimulating one of Dr. Beddoes, or the medium system of Brown, been applied to this patient, he could not have survived. Some idea may be formed of the state he was in from the fact, that fifteen ulcers broke on his lungs, from some of which he discharged a pint of the most acrid purulent matter, which was so putrid, that it tainted the air in every apartment of the house; he had several blood vessels ruptured, which caused him to raise a pint and a half of vermillion coloured blood in fifteen minutes' time; and for many weeks he parted with two pints of acrid matter daily, independent of the ulcers; in fact, his case had all the symptoms of confirmed pulmonary consumption, from which no patient is said ever to have recovered; yet, with the above mode of treatment, he not only recovered, but he is at this moment a strong able-bodied man.

Mr. John Lee, of Leeds, whose case excited the deepest interest on the part of his friends, had been several months troubled with a cough, and an expectoration of matter from his lungs, from which at times he raised large quantities of blood; he was for some time attended by an eminent surgeon of the town who, held a consultation with another equally eminent gentleman of the profession on his case, the result was, that they deemed him incurable; thus, like myself, in the morning of his days, he was doomed to the grave. Having heard of several cures which I had performed,

in cases similar to his own, his friends sent for me. I found, on arriving at his house, that he had just raised a large quantity of blood, and from the anxiety manifested by his friends, that they had no hopes of his recovery. After examining him, I told him with confidence I could cure him; nor was I surprised to see in the looks of his friends, doubts, which seemed to indicate that a deep impression had been made by the declaration of the two medical gentlemen, that he could not recover. My applications very soon relieved him, and removed those doubts. From that time he gradually recovered, and was soon after restored to perfect health. Being a marble-cutter, his trade is much against him, and this occasioned him to have a slight attack of hemorrhage, or bleeding at the lungs, during the last winter. His friends, who were alarmed on his account, advised him to desist from his employment, and he has been better ever since. At the end of this chapter, I shall particularly describe the manner in which I treated him.

A person named William Wheatley came to me in the autumn of 1843, whom the doctors had said was labouring under an incurable consumption. When he came, he was so extremely hoarse, as to be inaudible when speaking; he had a severe cough, and a continued expectoration of purulent matter; his appetite was gone, he was very much emaciated, all hope of recovery had departed, and he was in daily expectation of being summoned to the grave. His business (being an engineer on a railway,) was much against him, being exposed so much to the vicissitudes and changes of the weather; however, I prescribed for him, and in six weeks had the pleasure of seeing him restored to perfect health.

Another case of this disease, where ulceration had



commenced upon the lungs, was that of the daughter of a Mr. Pullen, of Leeds : her lungs were diseased, and her doctor gave her up to die of confirmed consumption ; notwithstanding which I cured her in less than a month's time, nor has she experienced another attack since that period.

Jane Clough, of Newton Moor, near Hyde, was for nine years afflicted with indigestion, which finally terminated in consumption. She had advice and medicine from five of the faculty : in 1843, she was taken with a hoarseness, accompanied with a cough. She raised large quantities of matter ; she had tried all the means possible, without success. In June, 1845, about the time my first edition of this work came out, Miss Clough heard of me, through the medium of Wheatley, as mentioned above. She came to Leeds, where I then resided, and put herself under my care ; but, as she expressed at the time, without any hope. In five or six weeks she was cured, and has continued so up to the present time.

Another is the case of Samuel Bowden, who came to me on the 22nd of last March, in the last stage of consumption. He stated that he had been diseased in the chest and lungs for several years ; and also that he had tried a number of the faculty, without any relief. His case was to me rendered very interesting by the fact, that an aged mother depended upon him as her only support in her declining years. I ventured to try, with little hope ; but in about two months, succeeded in curing him entirely. During the first part of the time, he was for five weeks unable to dress himself, or in any way help himself ; but he is now well, and resides at No. 6, Clarendon Place, Chorlton-upon-Medlock, Manchester.

I have now given my readers a few cases out of the

many that might have been added ; they will serve at least to show the success of my practice. I have nevertheless been called to visit patients that could not be cured, owing to their systems having been so much reduced by the drugs which they had previously taken, that nature could not hold out long enough for the medicines to take effect. Sometimes when patients are given up by the doctors, they abandon all hope, and refuse to give my remedies a fair trial, at most, will only take one bottle of medicine, expecting it to work miracles, or they will have no faith in my practice. Now, I never profess to work miracles ; I only assist nature, in doing which, am sometimes compelled to give a patient a hundred bottles, or more, if requisite. If people will not take my remedies, they ought not to speak ill of my system ; and yet some have done so, because I could not perform impossibilities, by curing those who, in many instances, refused to take the medicines, being, as they alleged, unpalatable and bad to the taste.

In all cases “ prevention is better than cure ;” and if my readers will attend to the advice here given them, they will escape the pangs of this and many other diseases. That advice is couched in a few words, namely, avoid the first cause as much as possible ; if you unfortunately omit to do this, upon the earliest appearance of the symptoms, make a strong tea of yarrow, to which add a little cayenne pepper ; take this at night on going to bed, and apply a hot brick to the feet, wrapped in a cloth wet with vinegar ; in most cases this will throw off the disease, and prevent such consequences as must otherwise ensue. Above all things avoid the use of anodyne medicines, or narcotic substances, such as opium, foxglove, henbane, and the like, as they only allay the symptoms for a time, without removing the cause.

In this disease, the doctors have taught the patient to believe that a cough is a dangerous symptom, whereas it is no such thing. By means of the cough, the putrid matter is thrown off, which would, if retained in the system, produce death. The cough is to the disease, what the pump is to the sinking ship : when a vessel at sea, springs a leak, the first care of the officers is to man the pumps ; instead of doing which, suppose the officers choke them up, or otherwise injure them, would they not be looked upon as murderers or madmen ? Certainly they would. Yet when narcotic stimulants are given for a cough, they produce this effect in a greater or less degree, since they have a tendency to stop the expectoration, without which, the purulent matter cannot be carried away.

Now, if we remove the cause, we prevent this matter accumulating, or, in other words, we stop the leak ; the cough will then disappear, for nature no longer requires its aid in order to convey off the phlegm ; just as the pumps are abandoned when the leak is stopped. Therefore to stop the cough, we must remove the cause that produced it.

I request my readers, and the members of the botanical societies, to read attentively the treatment applied in Mr. Westlake's case, as, in my opinion, a worse case of consumption was never exhibited in the person of any individual. By following the prescription made use of in his case, with equal care and perseverance, a cure will in many cases be accomplished.

Mr. Lee's case I treated in the following manner :— I took red raspberry leaves, agrimony, barberry bark, clivers, ground ivy, centaury, and horehound, of which I made up a strong decoction ; to every pint of which I added half a teaspoonful of cayenne pepper, and a

quarter of an ounce of Spanish juice; of this he took from three to four pints a week. He also took of the acid tincture of lobelia, from half to a tea spoonful at a dose, in order to promote a free expectoration, taking care in the mean time to protect himself from the changes of the atmosphere; and as this is a very debilitating disease, when the fire of life is too low, and the oxygen in the lungs insufficient for the purposes of life, be sure to keep up the system by administering pure stimulants, in order to produce and maintain a healthy digestion; it was by persevering in this course that enabled me to cure some of the worst cases that have occurred in my practice.

[TREATMENT OF THE SCHOOLS.—Carbonate of potass, Peruvian bark, foxglove, acetate of ammonia, sulphate of iron, prussic acid, syrup of poppies, nitrate of potass, tolu, squill, camphor, and hemlock, with bleeding, blistering, and starving.]

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## CHAPTER XXXIV.

### SCROFULA AND SCURVY.

In the language of the classics, “A depraved habit, producing preternatural affections of the skin, or external parts of the body, characterize those diseases.”

The disease, or that form of it called scrofula, is generally incurable with the usual remedies of the schools, as is also many of the preceding forms described: one reason is, the drugs or medicines recommended produce it. Scrofula consists of hard indolent tumours of the glands, in various parts of the body, but they most generally appear in the neck, behind the ears, and

under the chin, and after some time come forwards and appear on the surface, in the form of ulcers, from which is generally discharged a white matter, resembling curdled milk. Scrofula prevails most in those climates where the seasons are variable, and the atmosphere cold and humid ; and anything that weakens the constitution, or impairs the general health of the system, predisposes to this disease. Many of my readers will recollect that I spoke particularly of the effect of impure air, and assigned that as one reason for the greater prevalence of this disease in manufacturing districts and large towns, also the congregating together of great numbers in badly ventilated rooms. I have often remarked in my lectures from the platform, that I never saw a North American Indian labouring under this disease ; their habits are plain and simple, and in most cases they are free from many of the causes above enumerated. There are some other causes which have a tendency to produce it, such as indolent and dirty habits, and taking into the stomach putrid meats or indigestible food ; and in many cases where the faculty have declared it to be hereditary, it has been produced by some disease, such as small pox, measles, scarlet fever, venereal taint, and vaccination with impure matter, tainted with some of the above diseases ; it is also true that the worst form of this disease has been produced by inoculation. I am of opinion that it is not hereditary ; and in this opinion am supported by some of the learned pathologists, as they are termed. GOODLAD, who wrote an Essay on the Diseases of the Absorbent System, strongly opposed the idea of its being hereditary. There is, however, no doubt, a peculiar temperament of body, or predisposition in the constitutions of some families, to some diseases ; but I have ever argued or supported the theory that “like causes will produce like effects ;”



and if the peculiar manner of living, or habits of a family produce this disease, it is probable the younger branches of the family will learn and continue those habits, and thereby perpetuate the disease; this I believe to be more the hereditary principle that perpetuates disease, than to suppose that because the grandmother or great grandmother had scurvy, the child will have it. I am of opinion that the habits and customs of society to which I have before alluded, viz., the drinking of such large quantities of malt liquors, much of which is adulterated with narcotic poisons, and the many poisonous drugs used to cure disease, is more the legitimate parent of scrofula and scurvy, than any hereditary taint. I have found those who were said to inherit the disease, as easy to cure as any other, and this, I think, is satisfactory evidence in favour of my position.

The scurvy, or SCORBUTUS, is treated by the faculty as a different disease; that its locality is different there is no doubt, as it makes its appearance mostly upon the surface; yet, like the scrofula, it proceeds from a vitiated state of the fluids.

It is amusing to see how the doctors disagree respecting this, as they do in almost every other form of disease. Dr. Thomas says, "A preternatural saline state of the blood has been assigned as its proximate cause." It has been contended by some physicians, that the primary morbid<sup>d</sup> affections in this disease is a debilitated state of the solids, arising principally from the want of aliment. Various indeed have been the theories advanced respecting scurvy. Sir John Pringle supposes it to be "owing to a putrescency of the blood;" by Dr. Lind, Dr. Blane, and Dr. Millman, it has been looked upon "as a disease of debility, having its origin in the weakness of the organs of digestion, or

in the general diminution of the vital power by the remote causes; or that it is owing rather to a defect of nourishment than to a vitiated state of it." Dr. Trotter, reasoning from the experiments of Dr. Goodwin concerning the action of air upon the blood deprived of oxygen, "infers that its black colour in scurvy is owing to the abstraction of this principle, and that fresh vegetables cure the disease by restoring to the blood this last principle." Dr. Beddoes supposes "scurvy to be owing to a gradual abstraction of oxygen from the whole system, just as death is produced by drowning, by withholding all at once the same substance, (oxygen,) from that blood which is to pass the posterior cavities of the heart." Of the two causes, want of fresh vegetables, or want of air sufficiently furnished with oxygen, Dr. Beddoes thinks the latter is by far the most powerful. Some years ago, this disease made great havoc among the seamen, probably from the want of cleanliness and well-ventilated rooms, and a sufficient supply of vegetable food; but the great advancement in nautical science, as well as in physiological knowledge, has, in a great measure, arrested its progress. Few ships go out on long voyages, at the present day, without a good supply of fruits and vegetables, dried and green; and this fact will undoubtedly account for its general diminution among this class of men. On land the scurvy is not violent, except in occasional instances: I will give my readers a few cases, and their treatment.

I have ever considered this disease, as well as scrofula, to be caused by the unhealthy state of the circulating fluids, and that, consequently, there must be an existing debility in some of the most important organs of digestion, of secretion, and excretion; therefore, the fundamental principle to be acted upon, is, in the first place, to correct the derangement of the stomach and liver;

by doing this, I have succeeded in curing scurvy, as well as scrofula, even when they have been considered hereditary ; but in almost all cases, it requires a length of time, for when there has been a determination for a long time, to any part or organ, it takes time and perseverance to remove it ; for want of this knowledge, many have failed of being cured of the disease.

The first case I will mention, is that of Charles Wilkinson, of London, a boy seventeen years of age. In 1839, he was brought to me by his mother, to the Hunterian Museum, where I was to lecture the same evening. One remarkable circumstance connected with this narrative, is, that during the time I was lecturing, to expose what I call the fallacies of the faculty, they, by deputation, were sitting in an adjoining room, for the purpose of changing the names of their medicines ; this has been their practice every ten years ; the present new "Nomenclature," was the result of that meeting. I examined the boy before the audience, and explained the disease. He had a large number of ulcers and sores about his neck, and had laboured under the disease for fifteen years ; he had had the attendance of several of the faculty, without any benefit. He commenced taking my medicine on the first of March, and by October, he was well, and has remained so ever since.

The following statement was given me in writing by the individual herself :—" Mary Neaves, of Bartles Entry, Whitefriar's-gate, was afflicted with scurvy upon both her arms and hands for many months ; was attended by three or four of the faculty ; was several weeks a patient of the infirmary, but notwithstanding all the means used, the disease continued to grow worse, and her general health was much impaired. Was cured by Dr. Coffin's medicines in two months.—Hull, February, 1842."

In April, 1840, in Hull, a lady called upon me labouring under this disease (scrofula); she had several running ulcers in and about the neck. She told me it "was a family complaint, and that she had been subject to it from early life. She had been attended by all the medical gentlemen she could hear of, from whom she could derive any hope." She had been cut several times, and had taken large quantities of drugs, particularly *iodine*; and at the time she called upon me, as above, she said, "it was as bad as it ever had been, in despite of all her medical attendance." I considered her disease in every sense of the word hereditary, as far as it could be so. I commenced giving her medicines, and in seven months she was entirely free from the disease, nor has it since made its appearance, being now nearly five years.

In 1842, Mrs. Webster came to see me from Wortley lane, near Leeds, with scurvy on her arms. She had been afflicted with it for a length of time; she had been treated by some of the faculty, but without benefit. In about four weeks I cured her, and she has been quite well ever since.

In the autumn of 1843, Mrs. Bottomley, of Holbeck, brought me her son, who had been for more than four years previous labouring under this disease, (scrofula.) He had tried many remedies with no benefit; his right hand and arm were useless, there being thirteen ulcers upon them. He commenced taking my medicine, which he continued to do for eighteen months, and with what success, the reader will see by turning to the appendix, where he will find the statement of the mother.

In order to treat this disease successfully, it is necessary, as before remarked, to correct the circulating fluids; and in all the above cases of *scrofula* and *scurvy*,

I have kept this object constantly in view. A medicine made in the following manner, will generally be found of great service:—take centaury, ground ivy, horehound, clivers, barberry bark, and where there are febrile symptoms, add Peruvian bark, and mountain flax, always using cayenne, or ginger, or some of the stimulants freely. Use also in obstinate cases, the vapour bath, and where there are ulcers, use the burn salve; or my readers may, from the bitter, astringent, and tonic herbs, before described, make up a compound to suit their own cases, as the symptoms may render necessary.

[TREATMENT OF THE SCHOOLS.—For *serofula*, preparations of mercury, antimony, potass, lime, chalk, ammonia, soda, and Peruvian bark, ; for *scurvy*, living upon vegetables, (which is good,) antimony, acids, both mineral and vegetable, and tonic medicines.]

### PSORA, OR ITCH.

This is a loathsome and contagious disease. It may be produced by unwholesome food, bad air, and want of cleanliness. There are many remedies for this disease, known to the public, and none perhaps more depended upon than sulphur; but one important step is cleanliness, which in all cases must be attended to that a ready cure may be insured. In order that any external application may produce a proper effect upon the disease, the patient should make use of such remedies as will correct the circulating fluids. For an ointment for the itch, see the formula.

[TREATMENT OF THE SCHOOLS.—Mercury, antimony, ammonia, sulphuric acid, white hellebore, potass, preparations of lead and sulphur.]



## BURNS AND SCALDS.

As in all families accidents of this description are liable to occur, it is of great importance that mothers should understand something of the subject. Perhaps there is no accident, or attack we are subject to, for which there are so many remedies; every old woman has a cure, and if we were to follow the advice given on these occasions by many, we should do little else than take off one plaster, or bandage, and put on another. Continued changes of this kind are always injurious, as they retard the recovery of the patient. Much has been said by the faculty, as well as by the people, about getting the "fire out." I have often been asked this question: "Doctor, do you think the fire is out?" when the truth is, *there has been no fire in*. Yet many people are so wise as to attempt to *take it out*, by means of some *hocus pocus*, and incantations; had people but been taught properly the principles of nature and science, such absurdities could never have been imposed upon them; the belief of which has caused many to increase, rather than diminish the suffering attendant upon these accidents.

I have often said from the platform, that, properly treated, there is nothing more easy to cure: while it is said by medical writers, that there is nothing "more difficult to cure," I have above told my readers that no fire remained after a burn or scald; I will give you my reasons for this opinion. In case of scald, what effect has been produced?—what operation has been performed on the skin to cause a blister? My answer to these questions is, that the cuticle or skin has innumerable pores, or small outlets, through which the insensible perspiration passes off; the effect of the hot water is to

suddenly expand those pores beyond their usual dimensions, and the contrary acting influence of the air is to close them as suddenly, and the perspiration which should have escaped, immediately raises the skin; this constitutes what is called a blister. Now where, I would ask, is the fire, as it is called? Might we not with as much propriety ask, where is the fire that so recently made the iron red, after it has cooled?

Perhaps I may here be allowed to interrogate the medical gentleman on the subject of Spanish flies: why do they use them, particularly to raise a blister? what effect is produced by the flies? do they draw, as is generally stated? or do they not rather produce the same effect as is produced by the air, after the application of boiling water, *i. e.* to close the pores? and if this is the case, and if blisters are at all necessary, would it not be better to apply hot water, inasmuch as the object would be so much sooner attained? It is generally believed that the flies draw, and thereby concentrate the humours of the fluids to this part, and thus form an outlet for their escape. I would observe, that there is no more drawing in the one case, than there is in the other: the only difference is, that the flies take a much longer time to produce the effect than the hot water, with the additional danger of injuring other organs: for Hooper says of their application, "*even externally applied they often cause strangury; and some persons experience this effect almost invariably on the application of a blister.*"—See Medical Dictionary, page 325.

I have always looked upon the use of blisters as one of the greatest absurdities that the faculty have fallen into, to say nothing of the torture consequent upon their application. Hooper says, "their most important use is that of an external *counter irritation*,

and as such they form one of the most valuable articles of the *materia medica*."

Now if, as I have before shown, the results of scalding, and raising a blister with Spanish flies be the same, how singular would be the following circumstance, which I will suppose:—Take two children, one shall be attacked with croup; the medical attendant orders a blister to be raised with Spanish flies, for a *counter irritant*, and just at the moment the preparation has raised the scarf skin, or, in other words, at the moment it has *drawn*, the other child (previously in good health) has the misfortune to be scalded; in a moment the whole family is in confusion, they send in all haste for the doctor to save the life of the unfortunate burned child, entirely forgetting, or more properly speaking, not knowing that a worse burn had been inflicted upon the sick child in order to cure it, while the same thing in its nature has made the well child sick! They are debilitating, and in every sense of the word destructive to the health and constitution, and therefore should never be resorted to; and as it is the action of the air after the scald that produces the blister, we have only to prevent its action upon the part instantly, and the blister will be prevented: to do this, wrap the part in several thicknesses of linen or cotton cloth, well saturated with water, and keep it wet for a few hours, until on being exposed to the air no pain is felt. Strictly observe this treatment, and *in no case will there be a blister*. This is certainly a cheap remedy, and within the reach of all. For a burn where the skin is off, and consequently a sore, use such salve or ointment as will exclude the air, and shield the part from external friction, (see burn salve,) and keep up a free circulation and healthy action of the system, by giving plentifully of the corrective medicines.

[TREATMENT OF THE SCHOOLS.—Applications of vinegar, acetate of lead, spirits, lime water, sweet, or linseed oil with cotton, mercurial and other ointments, &c.

### PERNIO, CHILBLAIN, OR FROST BITTEN.

The learned authors have described this disease as “a painful inflammatory swelling, of a deep purple or leaden colour, to which the fingers, toes, heels, and other extreme parts of the body are liable on being exposed to a severe degree of cold.” It is readily cured by treating it in the same manner as scalds; the application should be made immediately, and the result will be found to be the same. In 1829, I was called some distance to see a patient, my way lay across the Kaatskill Mountains, (New York,) the snow was deep, and my horse got nearly buried in a large drift, and we were obliged to detach him from the sleigh, in order to release him; it was exceedingly cold, and before we could get to a house, my fingers were completely frozen. On arriving, however, I immediately called for a bucket of cold water, into which I immersed my hands and kept them there for about half an hour, during part of this time they were covered with ice, and I suffered great pain; after this I washed them well with the tincture of myrrh, (see page 150.) It was one hour before I approached the fire, and the next day my hands were as well as before. When there are sores arising from neglect, and of long standing, they should be treated as burns or ulcers. Attend to the circulation and general health; and to the ulcers, if any, apply the burn salve; poultices may also be applied where there is much inflammation.

[TREATMENT OF THE SCHOOLS.—Alum, vinegar, spirits, soap linament, ammonia, tincture of Spanish flies, and mercurial ointment.

## CHAPTER XXXV.

## FEBRES, OR FEVER.

A proper understanding of this disease is of the utmost importance, and though the destiny of thousands of the human race depend upon clear and correct views of the subject, yet we are compelled even at this late period to complain of the great want of knowledge exhibited by the faculty, both of its cause and of its cure. This, my readers, and particularly if they are medical men, may think is a bold, and perhaps a wrong assertion; but before they condemn either me or my assertion, I beg they will read attentively all the proofs and explanations I shall lay before them. I shall even ask them to go one step further, and try the system upon this form of disease, by making use of such medicines and means as are here recommended, then, and not until then, shall I consider that I have been fairly treated.

In treating of this, as of many other forms of disease, the faculty make some most startling acknowledgements, and what is most lamentable, these confessions are found to be but too true, when tested by their practice. Large numbers of volumes have been written from time to time on fever in all its varied forms; most of these writers have conflicting opinions, and many have been very severe in their criticisms upon others, whose opinions differed from their own. The following quotations are made from Thomas's *Modern Practice of Physic*; it will show that however willing the physician may be to relieve his patient, yet there is no principle taught by the schools upon which he can fully depend. "It is impossible to give a concise and proper definition



of the disease known by the name of fever, as it has no symptoms invariably attendant upon it which can point out its real nature or essence. The pulse is exceedingly various in such cases: it may be small, weak, slow, contracted and unequal: or it may be strong, quick, full, and regular, hard or soft, according as the fever is at the commencement, increase, height, or in the remission and termination, or as the genius and nature of them may chance to differ. So also the heat may be equally diffused, or confined to the particular parts. Sometimes the external parts are cold, with a sense of internal heat; at others there is a general heat or cold over the body, and sometimes the heat is not greater than what is natural. Sometimes the face is pale, and at others it is red or swelled; now it has the natural look, and now the reverse of this; the eyes are heavy, languid, and sad, or red and impatient of light; they are prominent, distorted, or wild; shining, dull, or ghastly; sometimes bedewed with tears and deprived of their usual lustre. The tongue is generally dry, chopped, scabrous, red, white, or variegated, often covered with mucus; but not unfrequently moist and natural, without any thirst. The breathing is frequent, hot, unequal, or impeded; the breath is often offensive. The appetite is usually extinct; but in few instances some desire for food remains. Sometimes the urine is crude and *watery*; at others red and *thin*, or often thick, soon becoming turbid, and depositing a sediment; sometimes it is of a natural appearance. To these symptoms are added pain in different parts of the body, depression of strength, and watchfulness; on the other hand, heaviness, stupor, or imbecility of mind, looseness, or costiveness, &c."

Now, how is it possible to form any correct opinion by the symptoms of this disease from such an unintelligible

and contradictory mass as the above; and yet Dr. Thomas tells us in the following paragraph, that "it is from a diligent examination of their appearance *conjoined together* that we are enabled to judge of the presence or absence of fever, not from any one of them taken singly." Well might a writer in a late medical journal come to the following conclusion, viz., "that although fever is one of the most common forms of disease in every quarter of the world, and the attention of the physicians has necessarily been directed to it from the earliest period of the history of the healing art, yet the opinion regarding its causes, and in many respects its treatment, is by no means settled."—Medical Repository, vol. viii., page 52.

After reading the above extracts, and from thence learn the inability of the professed conservators of our health to stay the progress of this dire disease, and cast our eye over the map of human misery, and mark the monuments of the destroyer where he has marched with death and fever inscribed on his terrible banner, and then behold a power that can at once arrest his progress, we must consider it as one of the most signal benefits the deity has conferred on man.

What heart has not bled over a beloved friend?—How many have mourned the loss of the wife or husband of their youth?—over children dearer than their own souls,—and how many have seen all their earthly comforts wither under the sweeping siroc of this pervading and desolating storm? If we look to the east, or to the west, we behold multitudes that have at various periods been swept from the earth by this unrelenting pestilence; the untrodden streets of silent cities, where once the smile of beauty, and the lessons of the sage, by turns delighted the hearts and elevated the minds of men, now bear awful testimony to the ravages of the

ruthless tyrant ; and do we inquire the cause of this dark array of travellers on the path of death, echo from her thousand caves rings out the response, fever ! fever !! fever !!!—and to find a remedy for this desolating disease, the colleges, nay the whole phalanx of the learned physicians have spent their skill in vain ! It must, say they, “run its course ;” yet, notwithstanding this admission, they try first one mode of treatment, and then another, until the worn-out resources of the *materia medica* are exhausted, and the experiments of the experimenter fails, and the patient dies, or nature triumphs over both death and the physician. The profession of medicine is the only one by which a man can profit by his blunders and mistakes. The physician contrives to gather laurels by dispensing the very medicines that sink suffering humanity into the vortex of misery and disease. He is lauded to the skies for having rescued the individual from the horrid condition into which he himself had plunged him, and from which he could never have arisen, but for recuperating efforts of nature, and which, as before remarked, enabled him to recover against the operations of both the disease and the medicine.

It is not my intention to go into a description of the symptoms of the forty or fifty different forms of this erroneously called disease. It is not so ; and shall here at once assume the position, that fever, in the common acceptation of the word, is not disease. I have used the word disease as applied to fever, but it was only that it might not be misunderstood. I will, however, endeavour to throw such light upon the matter, as will undeceive those who have hitherto laboured under the mistake. Then the question is, what is fever ? Before answering this question myself, I will give my readers a few of the opinions of the learned of the schools.

The Greek school believed fever to be a "*concoction and critical evacuation of morbid matter.*" Boerhave believed it to be "*a vescocity, or lentor of the blood,*" (siziness). Stahl, Hoffman, and Cullen, "*a spasm of the extremities of the living fibre.*" Brown and Darwin, "*accumulated and exhausted excitability.*" Thus my readers may see how *profound* have been the researches on this subject, by the sages of by-gone days: and what has been the result of these investigations? Is "*the intermittant nature of the disease better understood?*" No; in the language of the writer before quoted, "*the opinion regarding its cause, and in many respects its treatment, is by no means settled.*" If then I should be successful in giving a correct description of the disease, accounting for its cause, and pointing out a remedy, I shall feel that "I have done the state some service." What then is fever? Heat, assuredly, though a disturbed state of it. Is heat disease? Hippocrates says, "nature is heat,"—can nature be disease? But suppose we admit the common opinion, that fever, or heat is disease, how has the sufferer acquired it? Let us turn for a moment to the causes, as given by the faculty, and see what produces this disease. "*Exposure to cold, lying in damp rooms, or beds, wearing damp linen, a moist or damp atmosphere.*" "The most usual and universal cause of fever, is the application of cold to the body, giving a check to perspiration; (!) and its morbid effects seem to depend partly upon certain circumstances of the person to whom it is applied. The circumstances which seem to give the application of cold due effect, are its degree of intensity; the length of time it is applied; its being applied generally, or only in a current of air; its having a degree of moisture accompanying it, and its sudden and extensive changes. The circumstances which render the person more liable to be

affected by cold, seem to be debility, induced either by great fatigue, or violent exertion ; by long fasting ; the want of natural rest ; severe evacuations ; preceding disease ; by errors in diet ; intemperance in drinking ; by great sensibility ; too close application to study ; or giving way to grief, fear, or great anxiety ; by depriving the body of part of its accustomed clothing ; by exposing any one particular part of it, while the rest is kept of its usual warmth ; or by exposing it generally, or suddenly to cold, when heated much beyond its usual temperature ; these therefore we may look upon as so many causes, giving an effect to cold, which it otherwise might not have produced." (See Thomas's Modern Practice of Physic.)

Now I would ask my readers to peruse attentively the extracts above made, and see if it is possible to answer the question before propounded, namely, *how or from whence has the sufferer acquired the heat that has made him so ill ?* Was it from exposure to cold ? If so, surely the smith that resides in the frozen regions of the north, would have no difficulty in making his iron hot ! Dr. Thomas says, "that the most usual and universal *cause* of fever, is the application of *cold to the body*, giving a check to perspiration." Now, through all my reasonings it has been maintained, that the *cause* was to be attended to, and removed, and the effects would cease. How, in the name of common sense, can taking cold, produce heat ? What a mistaken expression it is to say, "I have caught cold ;" should not the expression be, I have been exposed to a cold draught of air, or laid in a damp bed, and I am afraid I have taken a *heat* ? If the theory of treating fever as disease, as understood and practised by the faculty be correct, (than which in my opinion there can be nothing more opposed to the laws of the animal economy,) why is it that so



many die annually under its influence? The fact is, they are constantly treating the effect, and not the cause, hence the practice of bleeding, and refrigerative medicines. If cold, as Dr. Thomas says, be the cause, why should we not remove that which has produced it in the first place, namely, cold? and how can that be done by employing such agents as will promote it? How could a furnace be heated with snow and ice? It must be borne in mind, that the patient has caught *cold*, and that this is the real *cause* of derangement; that is, by closing up the pores, and obstructing the escape of the perspiration. If through these pores a large amount of offending matter constantly passes off, and that this process is necessary, in order to keep the body in a healthy state, should it not be our first care to open the pores, and restore the equilibrium? When we see a patient exhibiting symptoms of what is usually termed fever, we find the tongue coated, the eyes languid, with pains in different parts of the body: thus, the clearest evidence is given to the close observer, that the whole system is being clogged and obstructed; all the above symptoms are produced by cold, and the febrile symptoms or appearances of heat, are but exertions of nature to throw off the obstruction, *and not disease*. Shakspeare has said, that “fire drives out fire,” and it would appear that the faculty think, that *cold drives out cold*, else why the practice of depletion, and their use of *cooling* regimen. bleeding largely, although every drop of blood taken away, *lessens the vitality* of the system, and weakens the living fibre; why the use of mercurial and antimonial preparations, which are cold and inactive, when, as Dr. Thatcher says, “it depends upon the state of the system, whether they operate at all, or operate with sudden and dangerous violence;” and the blistering and low diet which follow in their train? The combined powers of

these agents are calculated to drive out every spark of vitality that remains. What would be the fate of a hardy, hale person, placed in an opposite bed, to one labouring under the typhus, or any other form of fever, that would require *strong* and *urgent* treatment, and treat the healthy person in the same manner as the patient is treated; what, I again ask, would be his fate? When you bleed the sick man, bleed the well one; when you blister the sick man, blister the well one; when you physic the sick man, physic the well one; in a word carry him through all the gradations of the practice, and his fate will be almost as certainly sealed, as that of the man with the fever. Can such a practice be philosophical? Is it in accordance with common sense, to give, in case of derangement or disease, that which will destroy health, and produce disease? No; and though all the faculty combined should raise the voice of opposition, yet will I maintain that it is opposed to common sense, philosophy, and nature; and although special reasoning may be resorted to in the form of "counter irritation," and that it requires "poison to drive out poison," yet the want of success that attends such practices, is a more powerful evidence against it, than every other consideration or argument. Whilst nature is struggling to open the pores, and throw off the offending matter, the energies of the system are assailed by taking out a large quantity of the vital fluid, the blood, upon which depends life and health. But we are told that the blood is bad, or buffy, and oftentimes black, and upon these appearances, the doctor often congratulates himself on having bled the patient; but does not the cause *still* remain? What benefit would be derived from drawing out of a barrel of sour beer, one gallon, in the hope of restoring the remainder? Any clown would laugh at such folly, and justly too. You

would be sure to lessen the amount; would the remainder be any sweeter? No; and will the blood that remains be less buffy? Will the black vitiated venous blood that remains, deprived of its oxygen, become pure red arterial blood? In a word, will the pores that the cold has closed, be again opened by such a process? No; and let me here repeat, that their unsuccessful practice in this disease justifies my position: it is unnatural, and too often proves fatal.

The skin is the most important part affected, and in most cases, it is entirely neglected. It must be recollected, that every square inch contains about one million of small holes, or outlets; upon this surface there is an external pressure of atmospheric air of fifteen pounds weight; when these pores are closed by cold, or any of the causes mentioned by Dr. Thomas, and the equilibrium destroyed, the pressure of the atmospheric air ought always to be taken into account, instead of keeping the *patient cool*; this, together with *cooling* medicines, is generally the order of the doctor. A different practice will be presented, and one that is in accordance with the laws of the animal economy, and as an evidence of this, you may give the medicines I shall recommend to you, each day to a man in good health, in quantities necessary to administer in cases of fever, and his health will be uninjured. How can a patient recover, if we take into consideration the *use* of the blood, and the necessity of a *healthy digestion* in supporting the system, when he is subjected to the loss of large quantities of the vital fluid, and the use of such substances as tend to destroy digestion altogether? Such practices as before stated, are more calculated to kill than cure.

In treating the disease which is the cause of fever, I always regard fever as the friend, or the result of an

exertion of nature to throw off the obstruction, and which only wants assistance instead of opposition, and the fever is "turned." When is the cause or the cold removed? Is it not when the effects cease? And when do the effects cease, if not when the febrile symptoms disappear, or when the lost equilibrium is restored? and when there is life enough left in the system, this can always be done in the space of from twenty-four to forty-eight hours. I can assure my readers, that fever, as it is called, has, in my opinion, no "course to run," not even though the *patient should be rich*. During my residence in warmer climates, I have treated fever in all its forms, from the bilious to the yellow; and though there are as many prescriptions given by the faculty, as there are forms of what they call fever, I have but one course of treatment to recommend, and this course will be applicable to all, or else be inefficient altogether. I shall endeavour to make that plain, and if successful, shall place a means in the hands of the public of lessening a great amount of human misery. To give my readers a clearer knowledge of the merits of the practice, I will state a few cases, and in doing so shall confine myself to those that were by the attending physicians considered incurable. This will give a better understanding of its effects, for if the medicine will cure the disease in its worst forms, it may be depended upon in its first and middle stages.

Whilst residing in Hull I was called to see a Mrs. Kirby, residing at No. 9, Cook's Buildings: she was labouring under a strong attack of typhus fever; she was pronounced by the attendant doctor incurable. She was in a deplorable condition, her breathing was hurried, her pulse beat about one hundred and twenty per minute, her tongue was as black as the skin of an African, and her mind quite deranged: she had been

blistered, bled, leeches, and physicked, and for fourteen days had not taken any other food than thin gruel. I gave her friends but little hopes, but they requested me to take charge of her. I commenced by preparing a medicine in the following manner, viz :—vervain, centaury, clivers, raspberry leaves, of each a handful, boiled in one quart of water, and after straining, added one table-spoonful of cayenne pepper, of this I administered one table-spoonful every hour; at the same time ordered a hot brick to her feet, and one on each side; at ten o'clock, p.m., left her. I called the next day and found her sitting up in bed, eating with great eagerness, declaring that she was “exceedingly hungry.” Two days after, the doctor happening to pass by, called, and with some astonishment exclaimed, “why you are better; I expected to see your shutters closed.” Mr. Kirby immediately told him that another doctor had been called in. “And who,” said he, “have you called in?” “Dr. Coffin,” was his reply. “Why,” said the doctor, “he is a quack, he does not belong to the profession, nor has he a diploma.” “I did not ask him,” said Mr. Kirby, “whether he had a diploma, but I asked him to cure my wife, and you see the result.” “But,” said the doctor, “if a man should come into your shop and claim full wages who had not served his apprenticeship, what would you think of him?” “I should think him a skilful mechanic if he could *make a better table than I could.*” The doctor walked away, and Mrs. Kirby got well. During my lectures in Hunslet on this subject, one of my hearers on arriving at his home from one of them, found a neighbour labouring under a high fever: having just heard my exposition, he commenced operations, using cayenne, yarrow, and hot bricks, as I had directed, and in five hours the man was relieved. In March, 1844, I



was called to see a man residing in Balloon Street, Holbeck, near Leeds, who had been given up to die of typhus fever. I found him in a similar state to that of Mrs. Kirby, of Hull. He was nearly insensible, and had all the strong symptoms of approaching dissolution; and judging from the appearance of the countenances of his friends, I had been sent for as a forlorn hope. I prepared medicine for him precisely similar to that of Mrs. Kirby, and observed the same mode of treatment in all respects, and the result was the same; the man recovered in a few days, and returned to the business of life. Since I commenced preparing this work for the press, I was called to see a woman at Armley, near Leeds, named Bannister; she was labouring under an attack of typhus, and had been given up by the medical gentleman who attended her. I was engaged at the moment, and was obliged to send my assistant: he found her with a pulse so rapid that he was unable to count it; her feet and legs were cold to the knees, her tongue the colour of liver, and full of deep seams, and quite deranged in her mind: in her case also there was strong evidence of rapidly approaching dissolution. I ordered her medicine as before described, with hot bricks to her feet, and sides, wrapped in cloths wet with vinegar, and used freely of cayenne pepper. I was sent for on the 5th day of January, 1845, and in eighteen days she was well. This patient parted with considerable quantities of blood. In four weeks from my first seeing her, she came two miles and a half, on foot, to my house, to express to me her thanks, as she said, for "saving her life."

It makes no difference to me whether the patient is labouring under the *bilious, typhus, remitting, intermitting, yellow*, or, in fact, any other form of fever: I keep in view this great fundamental principle, that *heat is*

*life, the diminution of it disease ; its extinction death ;* and although the fever patient may appear to possess too much of it, it is not so in reality, it is only a disturbed operation of it ; for if the disease called fever be an augmentation of heat, or if it was either the disease or the cause of it, as the patient approached nearer to death, the hotter he would become until the moment of dissolution : but the reverse of this takes place, as every one knows ; for as death approaches, the sufferer grows cold, first at the extremities, until it gradually renders the vital principle extinct, the free circulation of caloric is obstructed, and the being becomes cold as marble. To prevent this, the common practice of the schools is to resort to depletion, and refrigerative medicines, which would destroy the vital principle, (heat,) in a healthy constitution ; and this must be assigned as the reason of their continued failures. Now for the sake of suffering humanity, I hope the faculty will not discard, at least without a trial, the theory and remedies here recommended ; and if they are found to be correct, I hope they will adopt them, and assist in alleviating the sum of human misery.

I have often mentioned the vapour bath, and spoken of the necessity of using a hot brick or a stone in bed ; let me now inform my readers of the use of this application : you will recollect that I stated in another part of this chapter, that to every square inch of surface of the body, there is an external pressure of about fifteen pounds ; the use of the vapour bath is to take off in part that pressure, and may be applied in the following manner : place the patient over a bucket, containing hot water, in which a red hot brick must be half immersed in order to raise a lively steam, at the same moment shield the patient from the surrounding atmosphere with a blanket ; the heat rarifies the air under

the blanket, and thus takes off the heavy pressure; the pores open, at the same time the body absorbs a quantity of heat, and thus great assistance is rendered to the stimulants before given; when the patient is unable to stand or sit, the hot brick wrapped in cloths wet with vinegar, should be applied to the feet and sides if necessary, as before described, the patient lying in bed; the acid vapour arising from the vinegar, stimulates the skin, and neutralizes the alkaline substance upon the surface: great care should be taken to give freely of the strong stimulants before, and at the time of giving the bath, so as to keep the internal heat higher than the external; in other words, to keep the fountain above the stream, so that the water may run off clear; as soon as perspiration begins to progress freely, there is an end of the fever; and this can always be accomplished, by using proper stimulants and the bath, if the vital principle is not too much reduced.

I once gave a patient half a teaspoonful of cayenne pepper every half hour for twenty-four hours in succession, at the same time continued to change the bricks as soon as they were cool, before I succeeded in throwing off the obstruction: the bowels should always be attended to; if the patient is costive, injections should be given, instead of opening medicines, particularly where the individual is low and weak. In treating all cases of fever, *pure stimulants* should be used in order to get the patient into a sweat.

[TREATMENT OF THE SCHOOLS.—In the various forms of this disease, as classed by the learned, they employ almost every remedy which is named in their *materia medica*, but the whole is but a series of experiments; they employ preparations of mercury, antimony, potass, ammonia, nitre, and opium; also jalap, ipecacuanha, Peruvian bark, quinine, foxglove, calomel, &c., &c.;

together with bleeding, blistering, leeching, cupping, irritating ointment, and low diet.]

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## CHAPTER XXXVI.

### MIDWIFERY, AND THE DISEASES OF WOMEN.

As this is a delicate subject to write upon, particularly as this work is intended to go into every family, I shall endeavour to communicate my thoughts and experience in as plain and brief a manner as the subject will admit. Women, on arriving at the age of puberty, experience a change in the system, the indication of which is menstruation, or the monthly terms; this is considered an interesting period; and one of the greatest errors in society is, that mothers too often keep their daughters too long ignorant of these changes, and the consequences are, they are often exposed to danger and their health impaired. Parents should teach their children all that is necessary for them to know of themselves; if this were done, there would be much less sickness and evil in the world. Menstruation is considered by many as an illness, but were women to regulate themselves more by the principles of nature, and in general dress with less *fashion*, and more comfort, we should not have to consider or treat this operation of nature as a disease. It is not so among the Indian women of America; they have no more illness at the time of menstruation than at any other time; nor is there much more among the female peasantry of Ireland and France, than there is amongst the Indian women; therefore many of those diseases which have been

written upon with so much precision by medical writers, are more the result of outraged nature, than natural to the human system. Pregnancy may be looked upon in the same light. Notwithstanding, Dr. Thomas says, "that when we reflect upon the alteration which the constitution suffers in consequence of impregnation, and the vast distension and dislodgement of the uterus which prevail at a more advanced period, we cannot be surprised at the *many complaints and irregularities which then arise.*" I have only to say to this, that if women generally lived more in accordance with the laws of nature, there would be no necessity for such statements as the above. I believe that pregnancy, or bearing children, is in accordance with the design of Providence, as he has admirably constructed the female system for the perpetuation of our species. The great reason why so much importance is attached to the fulfilment of nature's imperative law is, that it is the interest of the faculty to keep the people ignorant. If not, why do they not speak out more plainly? Why not protest against the absurd custom of wearing stays, in the form and manner they are generally worn? Why not demonstrate to them anatomically and physiologically the danger of tight lacing, and the evil of wearing a piece of steel, whalebone, or board, in front of the body? and that it is not possible for the human organs to perform their functions when thus obstructed; and teach them that both the elasticity of the body, as well as its beauty, are destroyed by such means. Mankind generally, as I have often said, are kept in ignorance of themselves; and most of their habits, however wrong, the medical faculty pander to, or wink at; and even at this moment, in civilized life, there is scarcely a subject with which women are so little acquainted as that of pregnancy and delivery; almost all of them are under



the impression that labour is completed more by art than nature ; hence the most noted doctors are employed to attend during this interesting period ; and as I before said, professional men in general have no wish to undeceive them on this subject, as it is too lucrative. I have often been astonished at the ignorance and credulity manifested on these occasions : thanks and blessings have been poured upon me, under an idea that I had saved their lives in labour, when I had done nothing but look on and admire the perfectly adequate powers of nature, and superintend the effects of her work ; *for it is nature which accomplishes all, while the doctor gets the credit of it.*

There is not one case in a thousand where you can be anything more than a silent spectator, except it be to calm the fears of the ignorant and timid attendants ; the mischief and injury done by the untimely interference of art is incalculable. “In pregnancy, women must be bled,” say the doctors ; and this is often done till they have not strength enough to accomplish delivery ; in which case the forceps, or other instruments must be used, which often proves fatal to the mother, or the child, or both. Were all women properly instructed in this matter, many lives would be saved. It is in the practice of midwifery I wish to see a reform, as well as other branches of medical practice. All women should be instructed in midwifery, and those who are of a proper turn of mind, should be qualified to act in the capacity of midwives ; for men to practice midwifery, is unnecessary, unnatural, and wrong ; and when botanical societies are formed, I hope to give the members and their wives such information, as will entirely change their views on this subject. Are not the females of this country as capable of acting for their sex, as the unlettered natives of the forests of America ? or if the

argument should be raised, that they are different in their structure and habits from that of the European women, my answer is, look to Ireland, and France, or almost any part of the Continent. During the time I was among the Choctaw Indians of America, I endeavoured to prevail on one of the females to allow me to be present at the birth of her child. She utterly refused, nor would any explanation of mine, or any present offered, change her mind. I observed her to go away, and in about two hours and a half she returned with her child; she was in no way reduced or weakened. I told her how severe in many cases were the sufferings of the white women in bringing forth their offspring: she shuddered and said, she "had never known an Indian woman to die in labour;" in fact she said "they required no assistance, and that they had *no such personage among them as a midwife.*" This woman was *not put to bed*, although she gave birth to her child, and her only midwife was *nature*; yet she was not *confined*, for she continued to attend to the duties of her *wigwam*. As a parallel to this case, I would mention that of an Irish woman, whom I was called to attend in labour; she had been in this situation twenty-four hours. I gave her a strong tea of raspberry leaves, and in twenty minutes her child was born. I called to see her the next day, and found her *washing in the yard!* I have been called to attend three or four cases of labour where other medical gentlemen had attended before me; one or two of these I will give a description of. A young woman in labour of her first child, was attended by her doctor for four days; the labour proved a very severe one. At the end of this time, a council of three took place, and it was decided that the head of the child should be lessened, in order to save the life of the mother. This was to take place at two o'clock, when one of the attendants proposed

sending for me. I went about nine in the morning, and found the patient very low and weak. I prepared a strong decoction of raspberry leaf tea, into which I put a tea spoonful of cayenne pepper. I put a hot brick to her feet, and one on each side. This application was continued until she got into a perspiration. I then gave her a tea spoonful of powdered lobelia, and half a tea spoonful of powdered valerian root, and in three hours she was delivered; both the mother and child did well. In another case, where the labour had been lingering for fourteen days, with two of the faculty in attendance, I was called in, and found her (by order of the doctors,) placed in a cold room, with light clothing upon the bed, though it was in cold weather. I immediately ordered the room to be warmed, and commenced giving raspberry leaf tea, with cayenne and valerian, which I continued through the night. On the following day, I gave her a vapour bath, as directed in fever, and a lobelia emetic, which operated well. She then took a cup of tea, after which she fell asleep; she did not awake for eighteen hours. Her labour soon after commenced anew, and in two hours the birth took place; the child did well, and the mother was able to attend to her domestic affairs in one week.

Much has been written by the professedly learned on this subject, such as Denman, Burns, and others, but in my opinion, a considerable portion of those writings are only calculated "to make darkness visible," for they are so abstruse, and there are so many of what might be considered artificial distinctions, and superficial theories, that in many instances the professor himself is at a loss to either understand, or explain them. In fact, professors of all ages have found it extremely difficult to substitute *art* for *nature*, and however forcible and plausible have been their reasonings on the subjects upon which

they have attempted to explain themselves, still the unerring laws of nature cannot be outraged, or encroached upon with impunity. Nature and truth are twin sisters, destined to go hand in hand, any deviation from their principles is error, though it may be wrapped up in bad Latin. The practice of depletion previous to birth, by bleeding, and the use of purgative medicines, such as castor oil, &c., is always injurious and destructive of the health and strength of the patient, at a time when most required. In labour, as in every other state, I closely adhere to the principles promulgated through the whole of this work, namely, that heat is life, and if I were mistaken in all the other positions I have taken, it will be found correct in this, for the operation of heat on almost all bodies, is to expand them, and particularly so in the human system, and my readers will see at a glance, that in labour this is just what is required. I have employed the vapour bath in difficult labours, with unvaried success. I might enter into a minute description of the different stages of labour, and the different presentations of the foetus, or child, but it is my intention to write a small work upon this subject, for the use of the members and friends, into which will be introduced proper plates, for giving a clear illustration, to those who can understand, and ought to know. In a previous edition of this work, I promised lectures, but as that would be exclusive, and limited, I have thought, a plain cheap work would do far better. I shall not therefore be explicit here, as I do not think it proper *at present*, to make such explanations in a book like this. But in general let me remark, that keeping up a healthy and natural action during the time of pregnancy, is the best doctor to attend you throughout that period, as well as in the hour of labour. But when that hour arrives, the proper position to place the patient in,

is either upon the knees, or lying upon the left side upon the bed ; one of the important duties of the attendant, is to calm and quiet the fears of the patient.

I have before stated, that nature in almost all cases performs the work. In about seventy thousand cases of labour that took place in the Lying-in Hospital of Paris, all were natural labours except twelve. As the labour advances it is necessary to be prepared with a string or small cord, and a pair of scissors ; and as soon as the birth takes place, lay the child in an easy position, *and when the pulse ceases in the cord* that attaches the child, tie the string *tight*, about two and a half or three inches from the navel of the child, and then cut the cord above it, and remove the child. It is important to observe, that this operation should not be performed too soon, as the circulation in the child's system is not fully established until the pulse ceases in the cord. The placenta, or after birth, is next to be attended to ; this must be taken without force, for, like the child, its expulsion must be natural, depending upon the contraction of the uterus, or womb ; follow the umbilical cord until you find a substance resembling liver, which at the moment of a pain you can gently draw ; and when expelled let the patient rest for a time, when a change of linen may be made. It is customary with some practitioners to put a broad bandage upon the abdomen, but in most cases this does more harm than good, for the fatigue consequent upon the application of it, often produces bad effects ; but where there is an unnatural distension from there being twins, or dropsy accompanying the pregnancy, it might be advisable. At the same time a tea of raspberry leaves, and agrimony may be given ; and if the strength of the patient was low previous to birth prepare a medicine in the following manner :—take barberry bark, poplar bark, raspberry



leaves, and agrimony, equal parts, steep them in a quart of water, strain it, and add one tea spoonful of cayenne, pulverise ten bitter almonds, which add to the whole ; when sweetened, give a table spoonful three or four times a day. Keep the bowels moderately open, with a tea of poplar bark and senna. I would advise that the child should be put immediately to the breast, as nature has provided this means to draw the breast at first, and no fears need be entertained, if the mother be in health, that the child will not find enough, without overloading its stomach, and producing those bad effects, of which I have already spoken, in the chapter on diet. Moderate exercise during the period of pregnancy, is calculated to promote a healthy and natural labour.

I have now described the treatment in most cases of labour ; my readers will observe that I have spoken of the use of red raspberry leaves, a description of which see page 102. You will there learn that they are my greatest assistants on these occasions ; and I can assure my readers that I have ever found a tea made of these leaves to have a most beneficial and powerful effect upon the womb ; their effect is excellent in allaying false and lingering pains, whilst at the same time their use powerfully promotes the natural ones ; remember to keep the patient warm ; allspice tea may be used with great advantage. I have pursued the above mode of treatment in more than five hundred cases of labour, and *never lost one*.

[TREATMENT OF THE SCHOOLS consists in the use of strong and powerful medicine, such as the ergot of rye, (*secalæ cornutum*,) which is a powerful narcotic poison, together with opium, and generally keeping the patient cool,]

## CHAPTER XXXVII.

## BONE SETTING.

I have in the course of my lectures endeavoured to prove, both by argument and illustration, that heat is the principle of life, and by observing this principle, shown how broken bones and dislocations, can be reduced, even without pain, if taken in time. I have already given my readers a disquisition on the anatomical structure of the human frame, in a former part of this work; but I will here remark, that the bones are for the purpose of preserving the symmetry and strength of the body, and by being articulated, or joined together with proper joints, and being held to their places with muscles and sinews, animated beings are capable of performing all that is required to preserve and perpetuate their existence. The tendons or sinews are of an elastic nature, and are distended and held to their places by the firmness of the bones: by the dislocation of a joint, or the breaking of a bone, the elasticity of a tendon is lost, and by the slipping by of the ends of the bone, it becomes contracted. Volumes have been written upon the subject of bone setting, many and various have been the inventions to apply power and strength, for the purpose of pulling into their places these dislocations and fractures; for the contracted sinews must be again distended. In my opinion this is wrong, for if a proper application of heat was made, we should not require physical force for that purpose, nor would the operation cause any pain. I have set broken bones in the following manner:—I generally bind around the part several thicknesses of cloths dip-

ped in hot water, as hot as the patient can bear it; at the same time giving half a teaspoonful of cayenne pepper in hot water, sweetened, and as soon as perspiration appears, the contracted tendon will relax, and the bones can be put in their proper place: the above effects will invariably follow, if the application is made properly. Those who have been subjected to the violent force necessary in many cases of dislocations and fractures, will hail the above directions as a signal benefit to the human species. I have said that the same results will invariably follow the application of heat; the effect produced upon iron is the same. The practice of the faculty in setting bones without the application of heat, is about as unphilosophical as that of a blacksmith would be, who should attempt to put the hoop or tire upon a carriage wheel without first heating it. It is well known that the hoop is made smaller than the wheel and some plan must be devised to enlarge it. Now what would you think of four or five men getting hold for the purpose of *pulling it larger*; and yet the contracted tendons bear a perfect analogy to the iron, only that one has *sensibility*, and the other has not. Would not a skilful master smith complain of the want of knowledge exhibited by his workmen? would he not say, and correctly too, heat the iron? but some of my readers may enquire how heat can produce this effect. It is thus produced; the particles of caloric enter between the interstices of the iron, or the *sinew*, and immediately expand them; thus, as regards the tendon, without pain, producing all that is necessary, and *no force at all* is required. In large fractures, or bruises, the vapour bath may be given, and if necessary may be repeated: when the bone is set, or the fracture reduced, you may then make a cold application, as the smith cools the iron hoop after he has put it in its proper place.

I usually bind up the part with cold tincture of myrrh.

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## SYPHILIS, OR VENEREAL DISEASE.

There are two or three forms of this disease as laid down by the faculty in their writings upon this subject, and which they consider should be treated differently. I will take the forms as they are classed, and begin with syphilis, or that form which generally appears in ulcers upon the parts. This disease is acquired by infection, but not in the usual way, as by the breath or touch; the virus must be communicated to some of the glands, or may be taken into the system, by applying the poison to any sore or scratch; and to whatever part it is applied, that part is affected first, and if not removed, will spread through the whole system. It is generally communicated by sexual intercourse. It is thought by most of the faculty that this disease will yield only to a mercurial treatment, but I have found it as curable as any other disease, when the glands are affected, and *without* mercurial poison. I treat the ulcers, as I would the ulcers proceeding from scrofula. The glands at the groins often become diseased, and a swelling rises called bubo; this is a hard tumor at first, which arises in consequence of the poison not being entirely eradicated. There is no disease of which mankind generally are more ignorant, than the forms of the venereal, and perhaps none where there is more deception practised. In almost every newspaper we see whole columns recommending cures for a "certain disease;" and of late years, many treatises have been written, and with no other effect than to still more effectually deceive, for not one of those productions are worth a farthing in teaching the unfortunate the cure of

the malady, but is only an extra half-crown extracted from their pockets, to enable the vendor to puff off *drops*, or *syrups*, or *red pills*, for which the purchaser is charged ten or twenty times the value: and nineteen out of twenty of those men who sound their names as surgeons, &c., have been brought up to some other business, and are totally ignorant of what they profess to teach. Yet many of them continue to amass fortunes; but do they cure? I should never be heard to say one word against their proceedings if they did; but thousands of pounds are annually expended by those who are unfortunate enough to contract the disease, from which no benefit is derived, except to the "*consulting surgeon*;" and many have their constitutions destroyed, as well as sustain the loss of their money. Persons have repeatedly called upon me after having been treated by some of those *street billers*, and *newspaper patrons*, who have told me that "since they had contracted the disease, their constitutions were broken up; that they had paid large sums of money, from ten to twenty, and even thirty pounds, and had been under treatment for many months." One security to this class of impostors is, that the contraction of the disease is always attended with disgrace, and however much they may impose upon their victims, they are sure of being free from detection. They almost always have a *convenient back door*. Dr. Thomas says, "the part of the world where this disease originated has been disputed, some looking upon it as of French extraction, and others supposing it to have been brought from America, by the soldiers of Christopher Columbus: be this as it may, it is certain that it was first observed at the siege of Naples, in the year 1493, and that from thence, it spread rapidly throughout Spain, France, Germany, and other kingdoms." From the above, it appears very clearly to me,



that this disease was not brought from America, as the discovery of that continent did not take place until the 11th of October, 1492, and the siege of Naples was in the following year; beside, there is a belief now existing in the minds of the Indians, that the disease was brought from Europe to them. The disease in my opinion may be produced by continued intercourse, without proper attention to cleanliness.

Another form of this disease is called *gonorrhœa*, or clap, which never appears in ulcers, or sores, but which is attended with a burning, or scalding sensation when the urine is voided, and after a short time a running of white matter takes place. This form of disease often exists in the system for many years, and sometimes without there appearing any very strong symptoms of it. I once attended a patient for an affection of the lungs; when in the course of giving him medicines, the gonorrhœa appeared with great violence; he became alarmed, (being a married man,) and told me that he had run no risk in taking the disease for the last ten years, but that he had previously had it, and was cured in the ordinary way. I told him it was undoubtedly the remains of the disease in his system that had been buried up. He had during the interval become the father of two children. I gave him a medicine prepared in the following manner, namely, poplar bark, clivers, red raspberry leaves, and parsly, equal parts; to one quart of this decoction, I added two table spoonful of pulverised cubebs, one tea spoonful of cayenne; of this he took freely, and in one week, the symptoms entirely disappeared, nor did they again return. I treated another case of syphilis, where the patient had been attended for two years by several of the faculty; he had been salivated, and all the usual means had been tried. The poor fellow when I first saw him, was

covered with large ulcers in many parts of the body ; in fact, he appeared to be a mass of corruption. I commenced by giving him a strong decoction of bitter, astringent, and stimulant medicines, to correct his digestion ; this I gave him for about ten days. I then gave him a lobelia emetic, and a vapour bath, which I repeated twice a week, for four months, washing the ulcers with a strong tea of oak bark, and using poultices of linseed meal, and pounded biscuit. In six months from the beginning, the man was restored to perfect health. In the general treatment of syphilis in its first stages, when the ulcers are just beginning to form, I wash the part with a strong decoction of oak bark, and raspberry leaves, and treat the patient as though he was labouring under indigestion, keeping the bowels open with some of the cathartics, as described under that chapter, and often in a few days succeed in effecting a cure. In clap, I use the diuretic, and in particular cubebs and clivers, and at the same time attend to the general circulation ; but like midwifery, this disease will be treated in a separate work, in which after I have published the Treatise on Midwifery, I intend to give the friends and the public a clear explanation upon this all-important subject.

[TREATMENT OF THE SCHOOLS.—Preparations of mercury, ammonia, opium, potass, magnesia, Peruvian bark, zinc, copper, antimony, nitre, soda, and jalap ; balsam of copaiba, turpentine, tobacco, tincture of Spanish flies, and rhubarb.



## DIRECTIONS FOR GATHERING AND PRESERVING HERBS, BARK, &c.

All herbs should be gathered when in flower ; leaves when full grown ; the barks in the spring, when they will peel easy ; and the roots, when the plant has done growing. They should be dried out of the sun, and not exposed to the night air, and when dry, should be kept in a dry place, and free from the air.

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Since the present edition of this work was in type, I have obtained and made arrangements for a constant supply of several astringent and tonic medicines, from America, which can be obtained at 50, Faulkner Street, with directions for their use.



## APPENDIX.

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The following address, accompanied with a gold medal, was presented to Dr. Coffin at George's Street Chapel, Leeds, at the close of a course of lectures on Medical Botany :—

TO DR. COFFIN.

SIR,

Feeling the great necessity there exists for reform in almost every department of art and science, in the present day, and more especially the important science of medicine, inasmuch as the lives and comforts of such vast numbers of the human race depend upon a just administration of it; and seeing from evidence, furnished by the faculty themselves, as well as from our own sad experience, that the remedial agents administered by the practitioners of the present day fail, utterly fail, to alleviate, much less to eradicate, disease, we hail with pleasure your appearance amongst us, to propagate a theory of disease and medicine far more in accordance with common sense, than any of the vague and abstruse theories, or rather hallucinations, that have hitherto appeared;—a theory which at once recommends itself to the understanding of any and every one who will give themselves the trouble of thinking seriously upon it; and a knowledge of which is the more easily arrived at, as you have divested it of the useless and

cumbrous technicalities with which the (so-called) learned professions endeavour so to wrap up their abortions which they nickname systems ; which, by the way, we believe to be quite as well so wrapped up for any good that would result to mankind from their exposure. The day has arrived when rotten theories must be exploded. The public mind is prepared to take another step in advance, and we wait but for leaders of sufficient capability to direct the mighty movement which is destined ere long to annihilate for ever those systems by which the hydra-headed monster, monopoly, has so long been enabled to maintain uncontrolled sway over the destinies of mankind. That you are eminently qualified to disseminate sound practical knowledge upon the useful and important science of your adoption, your practice in Leeds and the neighbourhood fully demonstrates. We therefore bid you God speed in an undertaking which is likely to confer so much benefit upon suffering humanity. The possession of useful knowledge never fails to confer upon its possessors, a large amount of influence ; in a word, "knowledge is power !" the fatal fruit which our first parents ate in paradise has transmitted to their descendants a taste for the same food. The tree of knowledge is still flourishing in the earth, and its fruit is still as pleasant to the eye, and as much to be desired as it was in those early days of the earth's history : fortunately, it is no longer a forbidden fruit, nor does it bring death as a punishment to those who endeavour to pluck and taste it. In our days the desire of knowledge is the sure mark of civilization—the sign and token of superior intellect ; and its possession confers pre-eminence of power and influence among mankind, both to nations and individuals ; it is the first step out of ignorance, to know that there is anything to be known ; and our craving for this, as for



other luxuries, increases by its enjoyment. Those who know most, are the most anxious to know more ; and they are also best acquainted with the vast extent of those stores which learning and science have yet to discover more fully. The traveller in a wood, whose view is contracted into the narrow circle of trees immediately around him, would imagine that the forest is interminable, and may think there is little beyond, new or unknown ; but the man to whom superior powers of mind, and length of study, have brought within his grasp a large amount of knowledge, and who has reached the boundary, is fully conscious both of the narrowness of the circle he has at present penetrated, and whose circuit is at once visible to his sight, and of the boundless extent of those heights and depths which still remain to us dark and unexplored, and which will furnish mankind for countless ages with full employment in exploring their recesses, and bringing to light their grand and hidden mysteries. Unhappily for us, there are some serious drawbacks on our facilities for acquiring knowledge, and, consequently, power, arising from the opposition of self-constituted authorities, who arrogate to themselves the right of judging what is, and what is not, useful, and thus a large amount of good which would otherwise accrue to mankind, has hitherto been almost entirely lost. These interested minions of tyranny are ever ready to hurl the shafts of persecution at those who have the moral honesty and courage to deviate from the track described by the worshippers of mammon and power. Yet it is to these bolder spirits, who have from time to time appeared, and who have spurned the chains of ignorance and superstition, we owe all that we possess, which is worth the possession ; and many, very many, of these nobles of nature have gone down to the grave, unthought of, uncared

for by those for whose happiness they alone appeared to exist. But, sir, believing that superior merit should ever meet with its due reward; that those who have incessantly laboured to benefit their fellow beings, should at least enjoy the satisfaction of knowing their exertions are appreciated by those whom they are intended to benefit, permit us, sir, to present you this gold medal, and this address; receive it, sir, as your diploma, and should envy or self-conceit be inclined at any time to question your right to practice medicine, produce this medal, and show that it bears upon it the stamp of approval, the grateful testimonial of the people of Leeds, amongst whom you have practised and proved your title to be called doctor. And long, sir, may you live to wear it, and dispense around you those blessings of which so many of us have been the happy recipients.

V. R. WESTLAKE, Secretary.

The medal bears the following inscription: on one side—"Dr. Coffin,"—and on the other—"Presented by the people of Leeds, as a token of their high opinion of his professional abilities. Leeds, July 20th, 1843."

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The following address was presented to Dr. Coffin at the close of a course of lectures on Medical Botany, delivered in the Temperance Hall, Bradford:—

#### TO DR. COFFIN.

SIR,

You have made your appearance amongst us for the purpose of propagating your new theory of disease and medicine, just at the right time. Almost everything in art, science, and manufacture, is undergoing a

change. The ingenuity of this country seems taxed to see who can excel, and our ears, (through the medium of the press) are saluted almost every day with some new invention ; but whatever change may have taken place in medical science, it has hitherto been known only to the faculty themselves, or it has been presented to the public under a dark cloud of professional technicalities, which the understanding of the common people never could penetrate.

It is true a voice from "Graffenburg" has of late been in our land, and the word "Hydropathy" has been introduced into our vocabulary, and several establishments have sprung into existence, to which invalids are invited for the cure of disease ; but those establishments, however rational the theory, savour too much of the profession, in the exorbitant charges already advertised, to be of much service to the poor ; they rather assume the character of "watering places," for the benefit of the nobility and gentry, where the mass of the poor can have little or no access, and where the cries of suffering millions are unheard and unheeded. Never was there a time in which the poor needed more sympathy and assistance than at the present, and never had they less means of assisting themselves than they have now. Whoever, therefore, steps forward and employs his talents and energies to lessen the sum of human misery, to roll the burden off the shoulders of the oppressed, to point out the way by which their condition may be improved, and literally put into their hands the very means by which their distress, to a great extent, may be alleviated, should not be regarded in the light of a mere philanthropist, but as one who is actuated to a certain extent by the holy and heavenly principle of Him of whom it is emphatically said, "He went about"—not saying, but—"doing good." Believe

us, sir, when we say, that the course of lectures you have delivered on Medical Botany in this town, justly entitles you to the above encomium. It has been with unmingled satisfaction and pleasure that we have listened, not only to the bold, daring, and independent manner in which you have exposed the absurd and destructive practices resorted to by the medical faculty in the cure of disease, but to the truly rational manner in which you have treated on the nature of disease, and of those remedial agents with which we can be plentifully supplied from the great laboratory of nature. We are inclined to believe with you, sir, that those remedial agents employed by the faculty, which act contrary to the laws of nature, never can restore to vigorous and active operation, those laws which are obstructed by disease; that which is poison in health, never can restore to health, and that which would be improper to administer in health must be equally improper to administer when afflicted.

We trust that the days of our darkness are fast passing away, and that we shall learn to apply (in the season of affliction) those remedies which are in strict accordance with the laws of nature, by the adoption of which we shall free ourselves from the evils arising from professional ignorance and extortion on the one hand, and oppressive taxes and duties on the other.

The course of lectures that you have delivered here have already poured a flood of light upon our mental vision; and the People's Edition of a "Botanical Guide to Health," in which is promised a plain and simple description of disease, together with an account of the remedies to be applied, will, we hope, put us in possession of that information which will lead us to value our health, and to use all proper means to preserve it.

As you kindly stepped forward in this time of need,

as the friend of the poor and labouring class, we give you our warmest thanks, and trust that the information imparted, and the labour you have bestowed, will be properly appreciated by us, and our advice to you is onward, and long may you live to dispense around you, those blessings which the God of Nature has in his infinite wisdom intended for the family of man.

Signed on behalf of the persons present at the meeting, held at the Temperance Rooms, Bradford, on the 27th day of September, 1843.

GEORGE HALLIDAY, Chairman.

BENJAMIN WALKER, Secretary.

At the close of a course of lectures on Medical Botany, delivered in the Working Man's Hall, Keighley, by Dr. Coffin, the following address was presented to him:—

### TO DR. COFFIN.

DEAR SIR.

The present is a time of improvement and progression; in every branch of the arts and sciences, new discoveries are constantly being made, involving the happiness of the human race; knowledge is increasing, and prejudices that were once deep-rooted are fast giving way; but while everything around us is rapidly advancing and looking upwards, it is a lamentable and humiliating fact, that we can scarcely tell whether the science of medicine, and the art of curing disease, be progressing or retrograding; nor can we discover any just cause why this particular science should remain enveloped in darkness, mystification, and ignorance, surrounded too as it is by a mass of obscure and unmeaning technicalities.

The public have been warped too long by the lofty



professions, and abstract theories of the faculty, who, as a body, are privileged by legislative authority to play off their specious delusions upon an ignorant—because an uneducated—people.

By taking a cursory view of the history of our own times, we shall easily discover the course of training best calculated to blunt the finer feelings of humanity. How frequently we read in our public journals of men of learning and science opening their laboratories at midnight, for the purpose of receiving a subject for dissection?—yet the public have derived no advantages from these anatomical investigations,—we are still at a loss to discover any improvement in the science it was said to serve.

Despite the efforts of this interested class that has too long luxuriated and lived in splendid profusion at the expense of the happiness and health of the people, we feel assured that a time is fast approaching in which each will be judged according to his merits, and not his professions.

Providence has raised you up, and endowed you with talent, fortitude, and energy, in order to enable you to rend the veil that has too long obscured the mental vision of the public, and to propagate a theory or system of Medical Botany, established in accordance with the laws of nature, philosophy, and common sense.

We are aware that persecution has ever befallen those who have discovered and given to the world any system that had to encounter prejudice and class-interest, however injurious they may have become to the human family; therefore your uncompromising hostility to the waste of human life, consequent upon the ignorance and inconsistent practices of the medical advisers of the old school, will, as a natural consequence, secure to you a large amount of their malignant hostility — with

vindictive rage they will hurl their poisoned shafts at your reputation, until they rebound upon the heads of your assailants, or fall powerless at the feet of their intended victim.

Your excellent lectures, combined with your philosophical, but skilful and successful treatment of disease, have won for you the golden opinions, and grateful blessings of the industrious classes, while a deep and anxious spirit of inquiry has been sent into society as to the nature and cure of diseases peculiar to man, which will doubtless be prosecuted with increasing interest and proportionate success.

We therefore hail your welcome presence among us, as a messenger of mercy to suffering humanity, and we shall ever be ready to bear testimony to the honourable and disinterested motives which have brought you before the world, as a reformer of many of the foulest abuses that have hitherto degraded the character of man.

We are anxiously looking for the publication of your promised "Guide to Health," which we trust will not only be a reflex of its generous author, but a work worthy in every respect of the important subject on which it treats.

In conclusion, we regret that it is not in our power to present you with some commensurate token of our gratitude and esteem, yet, in the language of one of old, we must say, "silver and gold we have none, but such as we have we give unto you."

Signed on behalf of the meeting,

ISAAC CONSTANTINE, Secretary.

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The following address was presented to Dr. Coffin, after a course of lectures delivered in the Baptist Chapel,

Haworth, near Keighley, in April, 1844. The address was presented by a large and respectable audience. On its being moved, seconded, and carried unanimously, it was read by the Rev. Mr. Saunders.

### TO DR. COFFIN.

SIR,

We cannot permit you to take your departure from this poor village without expressing to you the sentiments we entertain with regard to the laudable design of your lectures delivered amongst us, which are now brought to a close. We are aware that to visit with such frequency a place so humble and obscure as this, must have involved some sacrifice on your part; but believing you to be guided by those humane and philanthropic motives to which you have made such frequent allusion in your lectures, we are sure you will enjoy a high satisfaction in knowing that you have been instrumental in doing much good in this locality.

Since we cannot boast of much learning, being, as we are for the most part, plain unlettered men, we cannot therefore be expected to address you in the terms and phrases employed by the medical profession; we must therefore adhere to the simple colloquial language of common sense, such as we employ in our daily intercourse with each other.

Permit us then, to say, that we hope we duly appreciate your services among us, a people who have on some former occasions been called "Hottentots," by our more refined and wealthier neighbours. 'Tis true we win our daily bread by the labour of our hands, and sweat of our brow, and have not many opportunities for mental improvement; but, we have discernment and justice enough to thank you most sincerely for your

earnest efforts to enlighten us on some of the important parts of pathological science, a science, permit us to say, with which most of us were totally ignorant. We think that you have clearly demonstrated many of the "fallacies of the schools," and plainly shown the fundamental errors on which they are based; we especially noticed the baneful consequences attending the common use of poisons in the treatment of disease, as you have vividly pointed them out. You have detected and branded as they deserved some of the false maxims laid down in "the books:" and you have condemned in strong language the course which the faculty have in too many instances pursued. If we are not mistaken, you have opened our eyes to many abuses and impositions extensively connected with the practice of medicine as hitherto taught in the schools. You have taught us that in most of the disorders to which frail nature is liable, how we may avail ourselves of the means which a beneficent Providence has placed within our reach; and although we are not going to set up as quacks and empirics, much less for learned and licensed practitioners, yet we hope we have obtained from your lectures such an amount of information as will enable us, when when necessity calls for it, either to obtain relief for ourselves, or impart it to others. We feel the force and acknowledge the truth of a great writer, who hath observed, "that every man is either a fool or a physician at forty years of age." If anatomy, pathology, and medicine, are to be followed as sciences, those who would excel therein, must not only study books, but observe and attend to the laws of nature, in order to minister rightly to the human system, applying such remedies as have the least tendency to injure the exquisite structure of the human constitution. We highly applaud your withering exposure and severe denunciation of the mystery

and jugglery which the initiated of the faculty are so apt to affect. Why should honest and honourable men strive to hoodwink and delude the people? Truth ever courts the light; error only loves to shroud itself in mystery. Well might our immortal teacher tell us that such men "love darkness rather than light, because their deeds are evil." Many years ago, the celebrated Buchan protested against the folly of physicians writing their prescriptions in what some call a learned, but what is confessedly an obsolete language now; and yet in despite of this and similar remonstrances, the practice is continued even to this day: verily this is calculated to bring their honesty into suspicion, and their profession into contempt with a thinking and observing public. They may look wise, shake their heads, and assume an air of grave importance, but people will be apt to regard it as a farce, or at least as an unworthy attempt to take advantage of the ignorance and credulity of mankind. Why should the learned thus conspire against those who ought justly to look up to them for advice and information? A learned author asserts, "that ignorance is the mother of devotion," from which we may infer that technical subtleties and abstruse sciences were only devised with a view to keep the people in leading strings. Political state-craft has for many ages trampled on every privilege that a people professedly free ought to enjoy. Like Sampson, the millions have been shorn of their strength, and otherwise oppressed and insulted, and then told to revere the laws made by their oppressors, though opposed to every principle of right and equity that nature contains.

Medical craft has also imposed too long upon the afflicted, but credulous multitude; but its power and delusion has passed in Britain—a brighter and a better day is coming—a nation of freemen are even now



bursting the chains which class legislation, and all sorts of selfish and cruel monopoly had forged for them. Men are now beginning to enquire for themselves, and to learn something of their civil and political rights;—the millions begin to know and feel their importance in society, and scorn to be longer considered as the dupes and vassals of a monopolizing and selfish party. The opinions of former ages cannot be stereotyped, and when thus made unalterable, forced upon an indignant people. Antiquated systems are passing away; those doctrines that are opposed to truth and justice, are destined to give place to sound opinions and practical knowledge. We hail your efforts on our behalf with feelings of gratitude. You are engaged in a truly patriotic work; you are enlightening the public mind on a question of vital importance; you have established a sound and rational theory of medicine; and by exposing the errors of the schools, you have scattered the seeds of knowledge among us; and we trust that the services you have rendered in this neighbourhood will long be remembered. Receive then this address as an earnest of our gratitude. In your future labours you will have to combat many prejudices, but go on and fear not; the ignorant may oppose, and the selfish condemn, but your reward will be certain. Patriots, philanthropists, and reformers, have all, more or less, suffered persecution, when labouring for the good of others;—but fear not, for your cause is a just one; rely only on the purity of your motives, and you shall yet win a just and suitable reward.

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PROGRESS OF MEDICAL BOTANY IN HALIFAX.—  
Presentation of a rich Silver Vase to Dr. Coffin, by the  
members and friends of the Botanical Society.

Dr. Coffin having delivered a course of lectures on Medical Botany, in the above town, and having performed many wonderful cures in Halifax and the neighbourhood, the result of which has been the formation of a Botanical Society, based on the knowledge of the society as imparted to the members by Dr. Coffin, through the medium of his lectures:—having fairly tested the principles, and performed many cures when other means have failed, and when the faculty have been unable to effect a cure, out of respect to the Doctor for his skill and humanity in thus instructing the public, for the universal good of society, the members of the above society honoured him by inviting him to a public tea, on which occasion he was presented with an elegant Silver Vase, accompanied with the following address:—

### TO DR. COFFIN.

RESPECTED SIR,

Having duly investigated the science of botany as revealed by you in the course of lectures that you have recently delivered in this neighbourhood, and having borne witness to many extraordinary cures by you effected and on many occasions seen disease give way before your skilful treatment, even when the faculty have in their *wisdom* pronounced such cases incurable. Beholding in you a portion of that benevolent zeal which accompanied Howard on his mission of philanthropy, believing that you are actuated by the best of motives, and that your example may induce others to brave the hostility of ignorance, and enable the public to reap the advantages which a knowledge of medical botany will confer upon society, we herewith present you with this our mutual offering, a memento of our affection and lasting esteem. Believing, moreover, that

the man who labours most for the public good, deserves some proper acknowledgement from the public for his valuable services, and knowing that you have omitted no opportunity of benefitting the indigent, and blessing the poor, we can only regret that our means are much too limited to reward you as your merit deserves ; but for this you will have the consolation of living in the grateful hearts of those who have been benefitted by your exertions, and saved by the potency of your skill from a premature grave ; if it be true, as Homer justly remarks, that

“ A wise physician skill'd our wounds to heal,  
Is more than armies to the public weal,”

how must the vulgar triumphs of the fabled great fade into insignificance when weighed in the balance of justice and benevolence. The memory of a Cæsar, or Alexander, is obscured by the practice of those virtues which deprive sorrow of its sting, and affliction of its severity. For the exertions you are now making to place the science of medicine within the reach of the labouring poor, you may expect to enjoy a place in the lasting affections of a grateful public. We regret that some men, too ignorant to appreciate worth like yours, and anxious for some unenviable distinction, for (as Shakspeare observes)—

“ Fame not more survives from good than evil deeds.”

have endeavoured to despoil you of your reputation. Whilst you have been labouring for the public good, these hired assassins of character have laboured hard to destroy you ; but the public know how to estimate the motives of the envious, whose labours will one day be rewarded as they deserve. In conclusion, sir, whilst we express our deep and lasting sense of gratitude for the information that you have conveyed

to us on the science of Medical Botany, we earnestly hope in a short time to be in possession of the work you are now engaged in writing, which work we trust will give perpetuity to past favours, and finally win for the author an honourable and deathless fame.

JOHN GIBSON, President.

C. FIELDING, Secretary.

[FROM THE HALIFAX GUARDIAN.]

PRESENTATION TO DR. COFFIN. — On Thursday evening last, the friends of Dr. Coffin, Medical Botanist, took tea together, on which occasion nearly two hundred sat down. The room was tastefully decorated with evergreens, &c., and the proceedings were enlivened by the performance of a musical band. After tea, Mr. John Gibson, President of the Halifax Botanical Society, was called to the chair, and who, after some general observations on the progress of scientific discovery, dwelt upon the benefits of botanical societies, concluded with an eulogium of the character and merits of Dr. Coffin. Mr. Joseph Sutcliffe then read a lengthened address, in which was noticed the various cures performed by Dr. Coffin, through the agency of Medical Botany: after which, he presented a handsome silver vase to the Doctor, on which was inscribed,—  
*“Presented to Dr. Coffin, as a memento of the services he has performed in Halifax, the efficiency of his gratuitous relief of the distresses of the sick and indigent poor, and the invaluable information conveyed to the public through the medium of his lectures on Medical Botany.”*—Dr. Coffin returned thanks in a speech of considerable length, and observed “that as to the gift with which they had presented him, it might perish, but the sentiments contained in the address would never die, being inherent in the heart of man, though they might be per-

verted by improper education, which he considered was the case as it regarded the science and practice of medicine; but it was his privilege to be the humble instrument of pointing out a more rational way, thus to dissipate the mistaken notion that no one could heal disease but those educated at the schools. The botanic society was an evidence of this mistake, and he should continue to go forward in diffusing that knowledge which had been thus appreciated." He then alluded to his forthcoming work on Medical Botany, the principles of which would be the basis on which the botanical societies would be formed. The meeting was then addressed on the advantages of botanical knowledge, and the benefit of associations for its diffusion, by Messrs. C. Fielding, A. Tidswell, and Dr. Smith, of Todmorden.

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The following Address, accompanied with a beautiful Inkstand was presented to Dr. Coffin by the Members of the Huddersfield Botanical Society, at the Guild Hall, April 28th, bearing the following inscription:—"Presented to Dr. Coffin, by the Huddersfield Botanical Society, 1845."

#### TO OUR ESTEEMED FRIEND, DR. COFFIN.

SIR,

We the Members of the Huddersfield Botanical Society, do here present you this INKSTAND, as a small token of respect and esteem, for your professional abilities, and gratitude for the dispensation of the plain and simple, yet invaluable, principles contained in your system of Medical Botany,—a system which cannot fail to recommend itself to any that will examine it carefully and impartially,—a system which *we* have



fully proved by experience to be in perfect unison with *nature*, as well as by the many astonishing cures effected not only by you, but also by many of our own Members, and persons who attended your Lectures when delivered in this town. These reasons are sufficient in themselves to warrant us in presenting to you thus publicly, a Testimonial of respect and gratitude; and we are most anxiously waiting the appearance of your work on Medical Botany, as it will be one of the *greatest boons* ever conferred upon a people, who, through it, will be made fully cognizant of the nature of disease, and can themselves apply the remedies required; such deeds of goodness will tend to raise you in the estimation of all right-minded individuals, and gain for you a name in the annals of your country.

We are, sir,

On behalf of the Huddersfield Botanical Society,

SAMUEL GLENDINNING, President.

JOHN SYKES, Secretary.

Huddersfield, April 28th, 1845.

At a Tea Party held in Mather Street Hall, to commemorate the formation of a Botanical Society, where 250 sat down to tea, after which, Adam Cooper, Esq., of Macclesfield, was called to the chair, when the following Address was presented, accompanied with a beautiful Silver-headed Cane, to Dr. Coffin:—

TO DR. COFFIN.

SIR,

At this time we see the absolute necessity of a reformation almost in everything around us, but more especially in the practice of medicine, for the health and

welfare of the human family depends upon a proper knowledge how to administer it.

If it be true, from the accounts of the faculty, and we have no room to doubt, that the remedial agents given by them, fail to diminish or lessen the sufferings of millions of our fellow creatures; we, with pleasure, welcome Dr. Coffin amongst us, knowing that his plan of treating disease, is more in accordance with the physical laws of nature, than any other that we have any knowledge of. The day has arrived when unsound theories must, and will give way, when the truth, in all its simplicity and beauty, is brought and placed before the people. Who can read over the work of our esteemed friend, Dr. Coffin, which he has lately published, and sent out into the world, stripped of all technicalities, (in order to give unbounded information to the masses of his fellow beings,) without discovering that stretch of intellect, that expansion of mind, and that pure unlimited benevolence. We hope that this work will be extensively circulated, and attentively read by all who have an opportunity, knowing that it is calculated to open the eyes of the blind, unstop the ears of the deaf, cause the dumb to speak, and the dead to declare the truth, which we shall have the pleasure of hearing this evening. And can such a person, whose whole study and life have been devoted to the benefit of his fellow man, meet with any persecution. If it is true (and who will doubt it,) that all true men, and in all ages, have met with the keenest and most painful persecution; if what is said of Moses be not a fable, when his fellow men had been suffering for hundreds of years in bondage under the iron hand of Pharaoh, and he, with the ruth, was enabled to deliver them, and was obliged to fly for his life for such an act of kindness; will it then be wondered at, if our friend, Dr. Coffin, be called a quack

or a madman. If it be a truth that the prophets, spoken of in scripture, did uncover the creeping things, and make known the deception practised upon the people, with a boldness peculiar to themselves, in order to set the people free, we should have thought that they would have been hailed with pleasure and delight, and for ever lived in the affections of the people. But they had to die, to tell the truth more perfectly. And so it has been with every true reformer in all ages of the world. Jesus, according to the accounts, was the greatest reformer that ever lived, and possessed unspotted purity of intention, and unlimited charity ; for all shared in his kindness. But did he, although curing all manner of diseases, and casting out devils, go without having his name cast out for evil ? Was he not called quack, madman, and devil ? But he possessed a bold, unflinching spirit, and marched onward to make known his power, wisdom, and love, amongst the masses of the people. The raising of the widow's son to life, and calling a Lazarus from the grave in the midst of a vast multitude, was not sufficient to overcome their deep-rooted prejudices, but the cry was, away with him, away with him, for he is not fit to live. Why all this ? Because he made the dead to live, and raised up living witnesses to testify the truth. And have we not here this evening a widow's son and a Lazarus, that none could raise to life, given up by all the knowing ones, (so called,) until our much esteemed friend, Dr. Coffin, raised them up, in the order of Providence, to make known the principle upon which health and life depends. Although he did not, like one of old, say, young man, I say unto thee arise, and with a loud voice cry unto the dead to come forth, yet with equal certainty and truth, those given up by the faculty now live. And shall we not rejoice, and hail with pleasure and delight, our friend Dr. Coffin,

whose power and wisdom have raised the dead to life. But will our friend, like all other friends of humanity, pass through life without the destroyer being at his heels, although such works are being, and have been done. No! we are sure, from the past, if they do not kill him, they will cry he is not fit to live. Paul, after he had prevailed upon the people to burn and destroy their conjuring books, caused no small stir, because their craft was in danger. Therefore, men of like occupation, (Doctors, Quacks,) met together to know what was to be done. They were filled with wrath, and cried out "great is Diana," until the whole city was full of confusion, and several of Paul's companions were thrust into prison, for no other crime than speaking the truth, and delivering their fellow-men from bondage. No wonder, then, that our esteemed friend, Dr. Coffin, should meet with similar treatment, after he has so boldly and fearlessly made known the arts of deception practised upon the people by the people. All saviours and deliverers of the people have had to meet with painful trials. Instance a Luther, Wesley, Clarkson, Wilberforce, Harvey, and many others, all possessing bold spirits, and employing them in breaking the chains of ignorance and superstition, in order that the people might be free. Permit us, dear Sir, for the honest, bold, and straightforward manner in which you have declared and made known the truth amongst us, to present you with this cane, and this address, as a token of our best respects. That it may be in your hand, like Aaron's rod, which swallowed up all the other rods, is the ardent desire of the members of the British Medical Botanic Society, No. 1 Branch, Manchester.

DAVID GARNER, Secretary.

At the conclusion of this address he passed some

farther encomiums upon the Dr.'s character, and sat down amid much cheering.

Dr. Coffin arose, and was most enthusiastically received. After silence was restored, he said, kindly as he had been received upon former occasions, he was not now prepared to meet such a powerful demonstration of their kindness towards himself, and respect for the cause he espoused. If he had been the humble instrument of bringing plain and simple facts before them for their advancement in the knowledge of the simple laws of nature, and of the pathology of disease, it would ever be his ardent love to continue in the same path so long as he had life and energy to do so. He had given frequent opportunities to the faculty, when lecturing in that hall, to controvert the position he took, but none had dared to oppose him; for his system was supported by incontrovertible truths. He could see around him persons who had been hopelessly given up by themselves and the faculty, now in all the blooming vigour of health, indisputable living testimonies of the superiority of Medical Botany over the inconsistent practices of the schools. He should ever look upon the memento of the principles he advocated with pride. In alluding to the victim fund, he said he feared not the machinations of the faculty, they dared not attack him when he stood alone, but now they had thousands to contend with, supported by inviolable truth. [At this moment a Mr. Wheatley, of Newton, a fine looking man, came into the hall, and was called to the platform, when he briefly attested the Dr.'s successful treatment in his case, after he had been given up by the faculty but a few months ago.] The Doctor said it was not necessary for him to say that his patient was quite recovered. His had been the pleasing task of giving back a husband to the wife of his bosom, and a parent to his children, after he had



been given up by five different doctors. (Loud applause.) He had dug deep in nature's mine, and devoted 27 years of his life to the study of disease, and its remedies. He had associated with the Senneca tribe of Indians, in the wilds of America, during which time he had done something in the investigation of nature's simple laws. He had lived with the unsophisticated Indian in his wigwam, and was now, after his researches in nature, highly honoured by an enlightened and most respectable audience of the important town of Manchester. He detailed his labours and reverses in France, and was happy to say he had been successful in England, and had sold 2,000 copies of his *Guide to Health*. He enumerated the many presentations made to him, and said he would not exchange them for the highest diplomatic honours, as they were better than sheepskin. (A laugh.) He contended that it was quite inconsistent with the harmony of nature to suppose that those agents which destroy life, will assist in a restoration of health when a diseased action has taken place in the system, and that whoever administers poisons as remedial agents, whether diplomatised or not, is a quack. For what good, he asked, can be expected to result from the taking of medicine which would make us sick if well. But all these inconsistencies, he said, were hidden under the cover of their useless technicalities and dog latin. He quoted an observation made by Mr. Wakley, the coroner, when holding an inquest upon a person who had died in consequence of a druggist's mistake, "Confound their dog latin, why do they not write in plain English?" He was sure that many had gone down to the grave, in consequence of those frequent mistakes, in a coat of his name. (Laughter.) He said he would not detain them any longer, as there were many speakers, and the time was fast advancing;

but, in conclusion, he hoped that a journal would soon be established, and he would be happy to devote himself as far as possible, to this means of extending the principle he advocated. He would now take an opportunity of expressing his grateful thanks to Mr. O'Brien for opening his paper to him when all others were closed. He said he had nothing to do with politics, as he had another wide field before him, and meant to go forward in the dissemination of his principles, and hoped he would not succeed but through the means of truth. He would now return them thanks for their manifest kindnesses, and would urge them forward in carrying out the noble work they had so well begun, of lending a helping hand towards the alleviation of the sufferings of their fellow-creatures. Their reward was certain, in the happy consciousness of wiping away the tears from the blanched cheek of sorrow. Such had been his pleasing task in his day and generation. The Dr. sat down amid continued cheering.

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**TESTIMONIAL OF RESPECT.**—The following address, accompanied by a purse of gold, was presented to Dr. Coffin by the members and friends of the Botanical Society of Brighouse (Yorkshire), at a public meeting convened for the purpose, February 27th, 1846. A deep interest had been created in the neighbourhood in favour of the botanic system, and the room was crowded to excess. Dr. Coffin replied to the address in a short speech, in which he briefly adverted to the opposition to, and final success of, the botanic system; that he *now* stood upon a proud eminence, and could now see his enemies left in the distance far behind; he concluded his address amidst the warmest expressions of pleasure

and satisfaction. Several other addresses were given during the meeting, and one of great interest, by Mrs. Umpleby, of Leeds, who related the three years' experience of the botanic system in her family :—

### ADDRESS.

SIR,

Feeling the great necessity for a reform in the practice of medicine, we cannot but feel grateful for your disinterestedness and zeal in so nobly coming forward to enlighten us, and the public, on the baneful and pernicious mercurial system of medicine, as followed out at the present day ; showing its utter inefficiency in staying, or arresting, the progress of disease, and enabling us by your excellent lectures, and treatise on Medical Botany, to successfully combat disease. We may truly rank you with a Hervey, a Jenner, and with the greatest of philanthropists—Howard. The hydropathist, with his cold water cure ; and the homeopathist, with his infinitesimal doses, may have done good, but they all fail in the hour of danger. The allopathist bleeds, blisters—starves and doses us with mercury. The blustering quack gorges us with pills, pills, pills ! But to you was reserved the high destiny of teaching us a more rational, safe, and easy method of throwing off disease, by prescribing simple and rational remedies, which act only in accordance with the animal economy ; thus clearly demonstrating the superiority of simple herbal remedies, over the most complicated and scientific remedies of the regular faculty. It is a system which is making rapid and giant strides throughout the length and breadth of the land, and the memory of your name will live in the recollections of a grateful posterity. The ignorant and the selfish may oppose you, but let your course be *onward*, for we are fully con-

vinced you are actuated *only* by the purest of motives, in endeavouring to restore the sick and the afflicted to their former strength and vigour, and showing every man the necessity of, and how to become, his own physician. The lectures you have delivered, and the good you have done in this neighbourhood, will long be remembered in the minds of the people. Remember you are engaged in a truly patriotic work—you are enlightening the public on a question of vital importance—you have established a sound and rational theory of medicine; and by exposing the errors of the regular faculty, you have scattered the seeds of knowledge amongst us; and as a testimony of our respect and esteem for your professional abilities, we herewith present you with this purse of gold, (though small) as a memento of our affection and lasting gratitude for the invaluable services you have rendered to the public at large.

LUKE NOBLE, Sec. to B. B. Brighthouse.

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57, Chatham Street, Leeds,  
March 1st, 1845.

### TO DR. COFFIN.

DEAR DOCTOR,

As my case (consumption) is known to some extent, having created considerable interest at the time, perhaps the following particulars will not be uninteresting to some of your readers:—About the middle of the summer of 1838 I took a severe cold, in consequence of which I was laid up some little time. I got better, but it left me with a bad cough and difficulty of breathing, which continued for a long time. In the beginning of 1839 I was again laid up for four or five weeks, during

which time I was leeches, blistered, physicked, and starved to my heart's content. I partially recovered, but still retained my cough and difficulty of breathing. I then took a trip to New York, from which I derived some benefit: but upon resuming my employment, I soon became indisposed, and was constantly troubled with indigestion, cough, and difficult respiration, so much so that I was not able to walk quickly one hundred yards without great inconvenience. I continued in this state until the beginning of December, 1843, when I again took a severe cold, which, but for your timely aid, would have ended my career. However before you were sent for, another medical gentleman was called to see me: he pronounced my case a desperate one, and said he would do all he could to relieve me: but said at the same time it would be a miracle if I was cured; indeed I thought so myself. I had now been in bed more than a week; an ulcer had broke upon my left lung; and I was so hoarse I could speak only in a whisper when you called to see me: you told me there was but one chance for me, which was, to remove to your house and put myself under your care immediately. I did so, but with little or no hope: and although my illness was so long and tedious, (one year) I am happy to say that to-day, I am full as well, or better, than I have been for seven years past. I have no symptom of consumption about me. I have gained flesh all winter. Do not forget to mention the following features of my case, viz. that I was attacked with bleeding at the lungs four times; the first time I raised a pint and a half of blood, during the other three attacks I raised half a pint each time; several times afterwards I threw off small quantities of about five table spoonsful at once: I spit blood and matter many weeks. I had in all fifteen ulcers which broke from time to



time upon my lung, from some of which I raised more than a pint of matter at once. I regularly raised two pints of matter during every twenty-four hours for many weeks; my pulse ranged at times from ninety to one hundred and thirty a minute. During my illness I took sixty-two emetics of lobelia inflata, four pints of tincture of lobelia, six pounds of cayenne pepper, and three hundred pints of medicine. I hope you will not fail to allude to these particulars. It may be, as it has already been, the means of saving some from an untimely grave.

Ever yours,

V. R. WESTLAKE.

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5, Grafton Street, Soho, London,

April 4th, 1845.

TO DR. COFFIN.

DEAR SIR,

I send you the following statement, hoping it may do some good to others labouring under the same complaint, and you are at liberty to make such use of it as you may think proper. I was afflicted in the neck and face with scrofula for upwards of fifteen years, and during that time I was under the treatment of many medical men, but never received any benefit till I applied to you in the year 1839, and in seven months was perfectly cured, nor have I felt any inconvenience since.

Yours truly,

CHARLES SIDNEY WILKINSON.



## OPINIONS OF THE PRESS.

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The following notices of Coffin's Botanic Guide to Health may not be uninteresting to some of our readers :

“ Dr. Coffin is one of those who repudiate in toto the remedial agents of the schools, as being injurious, instead of salutary, to the human constitution, and resorts to the great and well-furnished store-house of nature, for the remedies for those ‘ills that flesh is heir to.’ ‘Some years ago,’ says the author, ‘I promised this work to the public, that promise I now redeem; this, my bequest, will enable the millions of this country to prescribe for themselves; every father can now discharge the duties of a physician to his own household, and as I have freed the work from all technicalities, I am assured that it will be the means of promoting and perpetuating the happiness of man. The author has travelled much in America, and has associated a great deal with the Indians of that country, as well as with the naturalist, Thomson, and from them he has derived much useful knowledge; and all the information thus acquired, both from the writings of the one, and the oral instructions of the other, he has carefully adapted to the circumstances of this country. This, his extensive practice in treating the diseases incident to this country, and his knowledge of the native plants necessary to be used in the treatment of those diseases, has enabled him to do, and he confidently hopes, with success. The properties of all the remedial agents he has himself tested, and has therefore spoken from experience. The principles of nature have been his study for many years,

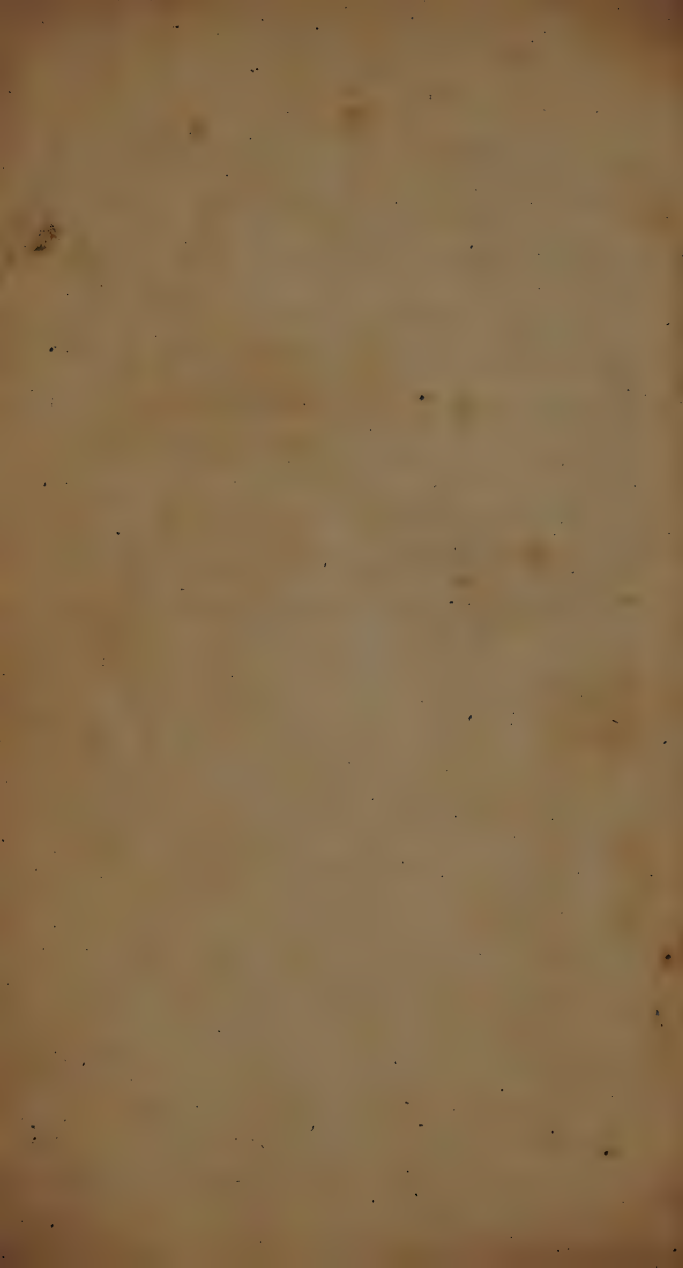
and he has been at all times ready to learn and adopt any theory that accorded with her laws, whoever might be the author or discoverer.' Indulgent nature, he contends, and with much reason on his side, has provided a fitting remedy for every ill that flesh is heir to; although man, in his ignorance, too frequently rejects the offered boon, and seeks in artificial aid, an anodyne for ill. A green herb he holds to be worth more than a Latin phrase; and the cottage where human nature lies suffering on its bed of pain, a much more likely place to educate a physician than a college. We have read his 'Botanic Guide to Health' with much interest, and although we are of course unable to say that he has accomplished all that he has promised, not having done, as he has himself done, tested the remedies prescribed, we are bound to say, that the sound sense and intelligence displayed throughout its pages, and the familiar knowledge of disease, and of the various modes of treatment evinced, will fully justify us in strongly recommending the book to our readers."—*Lloyd's Weekly Newspaper*, May 25th, 1845.

"DR. COFFIN'S NEW WORK.—It will be seen by the alteration in Dr. Coffin's advertisement, that his long announced work, 'The Botanic Guide to Health, and the Natural Pathology of Disease,' has just been published. We have been favoured with a copy, and hesitate not to say, that we have rarely received a favour we attach more value to. A medical practitioner, to whom we read several passages, has declared it to be the best work of the kind he has seen, and to embody a new and complete system of treatment for consumptions, fevers, colds, cholera, rheumatism, and most other internal complaints, more especially those incidental to women and children, that it needs only to be known to

operate a complete revolution in medical practice. The work is beautifully printed, and embellished with a portrait of the Doctor. The arrangement or classification of subjects is excellent, the style clear and forcible, the language entirely divested of technicalities; and both the diseases treated of, and the remedial agents recommended, are described in such familiar terms, that all who read are sure to understand. In short, if the work be what it professes, and what our medical friend has given us reason to believe it is, it will prove a blessing to thousands, mayhap millions, by enabling every head of a family to be his or her own family doctor. On future occasions we shall extract largely from the work, that the poorer class of our readers, who cannot spare six shillings for the whole, may not miss the advantages of so valuable a production, The extracts shall appear under the head of *Medical Reform*."

—*National Reformer*.











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Potassi Iodidum water  
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